THE

*Rule* and *Exercises*

OF

# Holy Living.

*In which are described*

The MEANS and INSTRUMENTS of obtaining every Vertue, and the *Remedies* against every Vice, and *Considerations* serving to the resisting all Temptations.

*Together with*

# PRAYERS

*Containing*

The whole duty of a *Christian*, and the parts of *Devotion* fitted to all Occasions, and furnished for all Necessities.

By *JER. TAYLOR*, D.D. Chaplain in Ordinary to his late Majesty.

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MDCLXXX.

UMI

TO

# The Right Honourable

AND

TRULY NOBLE

# RICHARD

## Lord VAUGHAN, Earl of *Carbery*, Knight of the Honourable Order of the *Bath*.

MY LORD,

I Have lived to see Religion painted upon Banners, and thrust out of Churches, and the Temple turned into a Tabernacle, and that Tabernacle made ambulatory, & covered with skins of Beasts and torn Curtains, and God to be worshipped not as he is the *Father of our Lord Jesus*, (an afflicted Prince, the King of sufferings) nor as the *God of peace* (which two appellatives God newly took upon him in the New Testament, and glories in for ever:) but he is owned now rather as the *Lord of Hosts*, which title he was pleased to lay aside when the Kingdom of the Gospel was preached by the Prince of peace. But when Religion puts on Armour, and God is

not acknowledged by his New-Teſtament titles, Religion may have in it the power of the Sword, but not the power of Godlineſs; and we may complain of this to God, and amongſt them that are afflicted, but we have no remedy, but what we muſt expect from the ſellowſhip of Chriſt's ſufferings, and the returns of the God of peace. In the mean time, and now that Religion pretends to ſtranger actions upon new principles, and men are apt to prefer a proſperous errour before an afflicted truth, and ſome will think they are religious enough, if their worſhippings have in them the prevailing ingredient, and the Miniſters of Religion are ſo ſcattered that they cannot unite to ſtop the inundation, and from Chairs or Pulpits, from their Synods or Tribunals, chaſtiſe the iniquity of the errour and the ambition of evil Guides, and the infidelity of the willingly-ſeduced multitude, and that thoſe few good People who have no other plot in their Religion but to ſerve God and ſave their Souls, do want ſuch aſſiſtances of ghoſtly counſel as may ſerve their emergent needs, and aſſiſt their endeavours in the acquiſt of vertues, and relieve their dangers when they are tempted to ſin and death; I thought I had reaſons enough inviting me to draw into one body thoſe advices which the ſeveral neceſſities of many men muſt uſe at ſome time or other, and many of them daily: that by a collection of holy precepts they might leſs feel the want of perſonal and attending Guides, and that the Rules for conduct of Souls might be committed to a Book which they might always have; ſince they could not always have a Prophet at their needs, nor be ſuffered to go up to the Houſe of the Lord to inquire of the appointed Oracles.

I know, my Lord, that there are ſome intereſted perſons who add ſcorn to the afflictions of the *Church of England*, and becauſe ſhe is afflicted by Men, call her *forſaken of the Lord*; and becauſe her ſolemn Aſſemblies are ſcattered, think that the Religion is loſt, and the Church divorc'd from

from God, supposing Christ (who was a Man of sorrows) to be angry with his Spouse when she is like him, [for that's the true state of the Errour] and that he who promised his Spirit to assist his servants in their troubles, will, because they are in trouble, take away the *Comforter* from them, who cannot be a comforter, but while he cures our sadnesses, and relieves our sorrows, and turns our persecutions into joys, and Crowns, and Scepters. But concerning the present state of the *Church of England*, I consider, that because we now want the blessings of external communion in many degrees, and the circumstances of a prosperous and unafflicted People, we are to take estimate of our selves with single judgments, and every man is to give sentence concerning the state of his own Soul by the precepts and rules of our *Law-giver*, not by the after-decrees and usages of the Church; that is, by the essential parts of Religion, rather then by the uncertain significations of any exteriour adherencies. For though it be uncertain, when a man is a Member of a Church, whether he be a Member to Christ or no, because in the Churche's Net there are fishes good and bad: yet we may be sure that if we be members of Christ, we are of a Church to all purposes of spiritual religion and salvation. And in order to this give me leave to speak this great Truth,

That man does certainly belong to God, who 1. Believes and is baptized into all the Articles of the Christian faith, and studies to improve his knowledg in the matters of God, so as may best make him to live a holy life. 2. He that in obedience to Christ worships God diligently, frequently, and constantly, with natural Religion, that is, of prayer, praises and thanksgiving. 3. He that takes all opportunities to remember Christ's death by a frequent Sacrament (as it can be had; ) or else by inward acts of understanding, will and memory (which is the spiritual communion) supplies the want of the external rite. 4. He that lives chastly,

5. And is merciful, 6. And deſpiſes the World, uſing it as a Man, but never ſuffering it to riſle a duty; 7. And is juſt in his dealing, and diligent in his calling. 8. He that is humble in his ſpirit, 9. And obedient to Government, 10. And content in his fortune and imployment. 11. He that does his duty becauſe he loves God. 12. And eſpecially if after all this he be afflicted, and patient, or prepared to ſuffer affliction for the cauſe of God. The man that hath theſe twelve ſigns of grace and predeſtination, does as certainly belong to God, and is his Son, as ſurely as he is his creature.

And if my brethren in perſecution, and *in the bonds of the Lord Jeſus*, can truly ſhew theſe marks, they ſhall not need be troubled that others can ſhew a proſperous out-ſide, great revenues, publick aſſemblies, uninterrupted ſucceſſions of Biſhops, prevailing Armies, or any arm of fleſh, or leſs certain circumſtance. Theſe are the marks of the Lord *Jeſus*, and the characters of a Chriſtian: this is a good Religion: and theſe things God's grace hath put into our powers, and God's Laws have made to be our duty, and the nature of Men and the needs of Commonwealths have made to be neceſſary. The other accidents and pomps of a Church are things without our power, and are not in our choice: they are good to be uſed when they may be had, and they do illuſtrate or advantage it: but if any of them conſtitute a Church in the being of a Society and a Government, yet they are not of its conſtitution as it is Chriſtian, and hopes to be ſaved.

And now the caſe is ſo with us that we are reduced to that Religion which no man can forbid, which we can keep in the midſt of a perſecution, by which the Martyrs in the days of our Fathers went to Heaven; that by which we can be ſervants of God, and receive the Spirit of Chriſt, and make uſe of his comforts, and live in his love and in charity with all men: and they that do ſo cannot periſh.

My

My Lord, I have now deſcribed ſome general lines and features of that Religion which I have more particularly ſet down in the following pages: in which I have neither ſerved nor differved the intereſt of any party of Chriſtians as they are divided by uncharitable names from the reſt of their brethren, and no man will have reaſon to be angry with me for refuſing to mingle in his unneceſſary or vicious quarrels; eſpecially while I ſtudy to do him good by conducting him in the narrow way to Heaven, without intricating him in the Labyrinths and wild turnings of Queſtions and uncertain talkings. I have told what men ought to do, and by what means they may be aſſiſted; and in moſt caſes I have alſo told them why; and yet with as much quickneſs as I could think neceſſary to eſtabliſh a Rule, and not to ingage in Homily or Diſcourſe. In the uſe of which Rules (although they are plain, uſeful, and fitted for the beſt and worſt underſtandings, and for the needs of all men, yet) I ſhall deſire the Reader to proceed with the following advices.

1. They that will with profit make uſe of the proper inſtruments of vertue, muſt ſo live as they were always under the Phyſician's hand. For the Counſels of Religion are not to be applied to the diſtempers of the Soul as men uſe to take Hellebore; but they muſt dwell together with the Spirit of a man, and be twiſted about his underſtanding for ever: They muſt be uſed like nouriſhment, that is, by a daily care and meditation; not like a ſingle medicine, and upon the actual preſſure of a preſent neceſſity. For counſels and wiſe diſcourſes applied to an actual diſtemper, at the beſt are but like ſtrong ſmells to an Epileptick perſon, ſometimes they may raiſe him, but they never cure him. The following rules if they be made familiar to our natures, and the thoughts of every day, may make Vertue and Religion become eaſie and habitual: but when the temptation is preſent, and hath already ſeiſed upon ſome portions

of

of our conſent, we are not ſo apt to be counſell'd, and we find no guſt or reliſh in the Precept; the Leſſons are the ſame, but the Inſtrument is unſtrung, or out of tune.

2. In uſing the inſtruments of vertue we muſt be curious to diſtinguiſh inſtruments from duties, and prudent advices from neceſſary injunctions; and if by any other means the duty can be ſecured, let there be no ſcruples ſtirred concerning any other helps: only, if they can in that caſe ſtrengthen and ſecure the duty, or help towards perſeverance, let them ſerve in that ſtation in which they can be placed. For there are ſome perſons in whom the Spirit of God hath breathed ſo bright a flame of love, that they do all their acts of vertue by perfect choice and without objection, and their zeal is warmer then that it will be allayed by temptation: and to ſuch perſons mortification by Philoſophical inſtruments, as faſting, ſackcloath, and other rudeneſſes to the body, is wholly uſeleſs; it is always a more uncertain means to acquire any vertue, or ſecure any duty; and if Love hath filled all the corners of our Soul, it alone is able to do all the work of God.

3. Be not nice in ſtating the obligations of Religion; but where the duty is neceſſary, and the means very reaſonable in it ſelf, diſpute not too buſily whether in all Circumſtances it can fit thy particular; but *ſuper totam materiam*, upon the whole, make uſe of it. For it is a good ſign of a great Religion, and no imprudence, when we have ſufficiently conſidered the ſubſtance of affairs, then to be eaſie, humble, obedient, apt and credulous in the circumſtances which are appointed to us in particular by our ſpiritual Guides, or in general by all wiſe men in caſes not unlike. He that gives Alms does beſt, not always to conſider the minutes and ſtrict meaſures of his ability, but to give freely, incuriouſly, and abundantly. A man muſt not weigh grains in the accounts of his repentance; but for a great ſin have a great ſorrow, and a great ſeveri-

ty

ty, and in this take the ordinary advices; though it may be a leſs rigour might not be inſufficient: ἀκριβοδίκαιον, or Arithmetical meaſures, eſpecially of our own proportioning, are but arguments of want of Love and of forwardneſs in Religion; or elſe are inſtruments of ſcruple, and then become dangerous. Uſe the rule heartily and enough, and there will be no harm in thy errour, if any ſhould happen.

4. If thou intendeſt heartily to ſerve God, and avoid ſin in any one inſtance, refuſe not the hardeſt and moſt ſevere advice that is preſcribed in order to it, though poſſibly it be a ſtranger to thee; for whatſoever it be, cuſtom will make it eaſie.

5. When any inſtruments for the obtaining any vertue or reſtraining any vice are propounded, obſerve which of them fits thy perſon, or the circumſtances of thy need, and uſe it rather then the other; that by this means thou may'ſt be ingaged to watch and uſe ſpiritual arts and obſervation about thy Soul. Concerning the managing of which as the intereſt is greater, ſo the neceſſities are more, and the caſes more intricate, and the accidents and dangers greater and more importunate; and there is greater skill required then in the ſecuring an eſtate, or reſtoring health to an infirm body. I wiſh all men in the world did heartily believe ſo much of this as is true; it would very much help to do the work of God.

Thus (my Lord) I have made bold by your hand to reach out this little ſcroll of cautions to all thoſe who, by ſeeing your Honour'd name ſet before my Book, ſhall by the fairneſs of ſuch a Frontiſpice be invited to look into it. I muſt confeſs it cannot but look like a deſign in me, to borrow your Name and beg your Patronage to my book, that if there be no other worth in it, yet at leaſt it may have the ſplendor and warmth of a burning-glaſs, which, borrowing a flame from the Eye of Heaven, ſhines and burns by

by the raies of the Sun its patron. I will not quit my ſelf from the ſuſpicion: for I cannot pretend it to be a preſent either of it ſelf fit to be offer'd to ſuch a perſonage, or any part of a juſt return (but I humbly deſire you would own it for an acknowledgment) of thoſe great endearments and nobleſt uſages you have paſt upon me. But ſo, men in their Religion give a piece of Gum, or the fat of a cheap Lamb, in Sacrifice to him that gives them all that they have or need: and unleſs He who was pleaſed to imploy your Lordſhip as a great Miniſter of his Providence in making a Promiſe of his good to me, the meaneſt of his ſervants, [*that he would never leave me nor forſake me*] ſhall enable me by greater ſervices of Religion to pay my great Debt to your Honour, I muſt ſtill increaſe my ſcore, ſince I ſhall now ſpend as much in my needs of pardon for this boldneſs, as in the reception of thoſe favours by which I ſtand accountable to your Lordſhip in all the bands of ſervice and gratitude; though I am in the deepeſt ſenſe of duty and affection,

*My moſt Honoured Lord,*

*Your Honour's moſt obliged and*

*moſt humble Servant,*

JER. TAYLOR.

THE

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THE

# THE *Rule* and *Exercises* OF Holy Living, &c.

## CHAP. I.

### Consideration of the general instruments and means serving to a Holy Life, by way of Introduction.

IT is necessary that every Man should consider that since God hath given him an excellent nature, wisdom and choice, an understanding soul, and an immortal spirit, having made him Lord over the Beasts, and but a little lower than the Angels; he hath also appointed for him a work and a service great enough to imploy those abilities, and hath also designed him to a state of life after this, to which he can only arrive by that service and obedience. And therefore as every Man is wholly God's own portion by the title of Creation: so all our labors and care, all our powers and faculties must be wholly imployed in the service of God, even all the days of our life, that this life being ended, we may live with him for ever.

Neither is it sufficient that we think of the service of God as a work of the least necessity, or of small im-

ployment, but that it be done by us as God intended it; that it be done with great earneſtneſs and paſſion, with much zeal and deſire; that we refuſe no labour, that we beſtow upon it much time, that we uſe the beſt guides, and arrive at the end of glory by all the ways of grace, of prudence and religion.

And indeed if we conſider how much of our lives is taken up by the needs of nature, how many years are wholly ſpent before we come to any uſe of reaſon, how many years more before that reaſon is uſeful to us to any great purpoſes, how imperfect our diſcourſe is made by our evil education, falſe principles, ill company, bad examples, and want of experience, how many parts of our wiſeſt and beſt years are ſpent in eating and ſleeping, in neceſſary buſineſſes and unneceſſary vanities, in worldly civilities and leſs uſeful circumſtances, in the learning arts and ſciences, languages or trades, that little portion of hours that is left for the practices of piety and religious walking with God is ſo ſhort and trifling, that were not the goodneſs of God infinitely great, it might ſeem unreaſonable or impoſſible for us to expect of him eternal joys in Heaven, even after the well ſpending thoſe few minutes which are left for God and Gods ſervice, after we have ſerved our ſelves and our own occaſions.

And yet it is conſiderable, that the fruit which comes from the many days of recreation and vanity is very little, and although we ſcatter much, yet we gather but little profit: but from the few hours we ſpend in prayer and the exerciſes of a pious life, the return is great and profitable; and what we ſow in the minutes and ſpare portions of a few years, grows up to crowns and ſcepters in a happy and a glorious eternity.

1. Therefore, although it cannot be injoyn'd, that the greateſt part of our time be ſpent in the direct actions of devotion and religion, yet it will become, not only a duty, but alſo a great providence, to lay aſide for the ſervices of God and the buſineſſes of the Spirit as much as we can: becauſe God rewards our minutes,

minutes with long and eternal happineſs; and the greater portion of our time we give to God, the more we treaſure up for our ſelves; and *No man is a better Merchant than he that lays out his time upon God, and his money upon the Poor.*

2. Only it becomes us to remember and to adore God's goodneſs for it, that God hath not only permitted us to ſerve the neceſſities of our nature, but hath made them to become parts of our duty; that if we by directing theſe actions to the glory of God intend them as inſtruments to continue our perſons in his ſervice, he by adopting them into religion may turn our nature into grace, and accept our natural actions as actions of Religion. God is pleaſed to eſteem it for a part of his ſervice, if we eat or drink: ſo it be done temperately, and as may beſt preſerve our health, that our health may enable our ſervices towards him: And there is no one minute of our lives (after we are come to the uſe of reaſon) but we are or may be doing the work of God, even then when we moſt of all ſerve our ſelves.

Πυθομένου τινὸς, πῶς ἐστιν ἐσθίειν ἀρεστῶς θεοῖς; εἰ δικαίως ἐστὶν, ἔφη, καὶ εὐγνωμένως, καὶ ἴσως, καὶ ἐγκρατῶς καὶ κοσμίως, οὐκ ἔστιν καὶ ἀρεστῶς τοῖς θεοῖς; Arrian. Epiſt. l. 1. c. 13.

3. To which if we add, that in theſe and all other actions of our lives we always ſtand before God, acting, and ſpeaking, and thinking in his preſence, and that it matters not that our conſcience is ſealed with ſecrecy, ſince it lies open to God, it will concern us to behave our ſelves carefully, as in the preſence of our Judge.

Theſe three conſiderations rightly managed, and applied to the ſeveral parts and inſtances of our lives, will be, like *Eliſha* ſtretched upon the child, apt to put life and quickneſs into every part of it, and to make us live the life of grace, and do the work of God.

I ſhall therefore by way of introduction reduce theſe three to practice, and ſhew how every Chriſtian may improve all and each of theſe to the advantage of piety, in the whole courſe of his life: that if he pleaſe to bear but one of them upon his ſpirit, he may feel the benefit, like an univerſal inſtrument, helpful in all ſpiritual and temporal actions.

## SECT. I.

*The first general instrument of holy Living, Care of our Time.*

HE that is choice of his time will also be choice of his company, and choice of his actions: left the first engage him in vanity and loss, and the latter by being criminal be a throwing his time and himself away, and a going back in the accounts of eternity.

God hath given to Man a short time here upon Earth, and yet upon this short time Eternity depends: but so, that for every hour of our life (after we are persons capable of laws, and know good from evil) we must give account to the great Judge of Men and Angels. And this is it which our blessed Saviour told us, that we must account for *every idle word*: not meaning, that every word which is not designed to edification, or is less prudent, shall be reckoned for a sin; but that the time which we spend in our idle talking & unprofitable discoursings, that time which might and ought to have been employed to spiritual and useful purposes, that is to be accounted for.

For we must remember that we have a great work to do, many enemies to conquer, many evils to prevent, much danger to run through, many difficulties to be mastered, many necessities to serve, and much good to do, many children to provide for, or many friends to support, or many poor to relieve, or many diseases to cure, besides the needs of nature and of relation, our private and our publick cares, and duties of the world, which necessity and the providence of God hath adopted into the family of *Religion*.

And that we need not fear this instrument to be a snare to us, or that the duty must end in scruple, vexation and eternal fears, we must remember that the life of every Man may be so ordered (and indeed must) that it may be a perpetual serving of God: The greatest trouble and most busie trade and worldly incumbrances, when they are necessary, or charitable,

or

or profitable in order to any of those ends which we are bound to serve, whether publick or private, being a doing God's work. For God provides the good things of the world to serve the needs of nature, by the labours of the Plow-man, the skill and pains of the Artisan, and the dangers and traffick of the Merchant: These Men are in their callings the Ministers of the Divine providence, and the stewards of the creation, and servants of a great family of God, *the world*, in the employment of procuring necessaries for food and cloathing, ornament and Physick. In their proportions also, a King and a Priest and a Prophet, a Judge and an Advocate, doing the works of their imployment according to their proper rules, are doing the work of God, because they serve those necessities which God hath made, and yet made no provisions for them but by their Ministery. So that no Man can complain that his calling takes him off from religion: his calling it self and his very worldly imployment in honest trades and offices is a serving of God, and if it be moderately pursued, and according to the rules of Christian prudence, will leave void spaces enough for prayers and retirements of a more spiritual religion.

God hath given every Man work enough to do, that there shall be no room for idleness; and yet hath so ordered the world, that there shall be space for devotion. He that hath the fewest businesses of the world, is called upon to spend more time in the dressing of his Soul; and he that hath the most affairs, may so order them, that they shall be a service of God; whilst at certain periods they are blessed with prayers and actions of religion, and all day long are hallowed by a holy intention.

However, so long as idleness is quite shut out from our lives, all the sins of wantonness, softness and effeminacy are prevented, and there is but little room left for temptation: and therefore to a busie man temptation is fain to climb up together with his business, and sins creep upon him only by accidents and occasions; whereas to an idle person they come in a

full body, and with open violence, and the impudence of a reſtleſs importunity.

Ezek. 16. 49. Idleneſs is called *the ſin of Sodom and her daughters*, and indeed is *the burial of a living man*, an idle perſon being

Seneca. ſo uſeleſs to any purpoſes of God and man, that he is like one that is dead, unconcerned in the changes and neceſſities of the world; and he only lives to ſpend his time, and eat the fruits of the earth: like a vermin or a wolf, when their time comes they die and periſh, and in the mean time do no good; they neither plow nor carry burthens; all that they do either is unprofitable, or miſchievous.

Idleneſs is the greateſt prodigality in the world: it throws away that which is unvaluable in reſpect of its preſent uſe, and irreparable when it is paſt, being to be recovered by no power of art or nature. But the way to ſecure and improve our time we may practiſe in the following Rules.

### *Rules for imploying our Time.*

1. In the morning, when you awake, accuſtom your ſelf to *think firſt upon God*, or ſomething in order to his ſervice; and at night alſo, let him cloſe thine eyes: and let your ſleep be neceſſary and healthful, not idle and expenſive of time, beyond the needs and conveniences of nature; and ſometimes be curious to ſee the preparation which the Sun makes, when he is coming forth from his chambers of the Eaſt.

2. Let every Man that hath a Calling, be *diligent* in purſuance of its imployment, ſo as not lightly or without reaſonable occaſion to neglect it in any of thoſe times which are uſually and by the cuſtom of prudent perſons and good husbands imployed in it.

3. Let all the *intervals* or void ſpaces of time be imployed in prayers, reading, meditating, works of nature, recreation, charity, friendlineſs and neighbourhood, and means of ſpiritual and corporal health: ever remembring to work in our Calling as not to neglect the work of our *high Calling*; but to begin and

and end the day with God, with such forms of devotion as shall be proper to our necessities.

4. The resting days of Christians, and *Festivals* of the Church, must in no sense be days of idleness; for it is better to plow upon holy days, than to do nothing, or to do viciously: but let them be spent in the works of the day, that is, of Religion and Charity, according to the rules appointed *.

* See Chap. 4. Sect. 6.

5. Avoid the company of *Drunkards* and *busie-bodies*, and all such as are apt to talk much to little purpose: for no Man can be provident of his time that is not prudent in the choice of his company: and if one of the Speakers be vain, tedious and trifling, he that hears and he that answers in the discourse are equal losers of their time.

6. Never talk with any Man, or undertake any trifling imployment, *meerly to pass the time away*: for every day well spent may become a *day of Salvation*, and time rightly employed is *an acceptable time*. And remember that the time thou triflest away was given thee to repent in, to pray for pardon of sins, to work out thy salvation, to do the work of grace, to lay up against the day of Judgment a treasure of good works, that thy time may be crowned with Eternity.

S. Bern. de triplici custodia.

7. In the midst of the works of thy calling often retire to God in *short prayers* and ejaculations, and those may make up the want of those larger portions of time which it may be thou desirest for devotion, and in which thou thinkest other persons have advantage of thee; for so thou reconcilest the outward work and thy inward calling, the Church and the Commonwealth, the employment of the body and the interest of thy Soul; for be sure that God is present at thy breathings and hearty sighings of prayer as soon as at the longer offices of less busied persons; and thy time is as truly sanctified by a trade, and devout, though shorter, prayers, as by the longer offices of those whose time is not filled up with labor and useful business.

Laudatur Augustus Cæsar apud Lucanum,
——media inter prælia semper
Stellarum cœliq; plagis superisque vacabat.

8. Let your employment be ſuch as may become a reaſonable perſon; and not be a buſineſs fit for children or diſtracted People, but fit *for your age and underſtanding.* For a man may be very idlely buſie, and take great pains to ſo little purpoſe, that in his labors and expence of time he ſhall ſerve no end but of folly and vanity. There are ſome Trades that wholly ſerve the ends of idle perſons and fools, and ſuch as are fit to be ſeiſed upon by the ſeverity of laws, and baniſht from under the ſun: and there are ſome People who are buſie, but it is, as *Domitian* was in catching flies.

9. Let your employment be fitted *to your perſon and calling.* Some there are that employ their time in affairs infinitely below the dignity of their perſon, and being called by God or by the Republick to help to bear great burthens, and to judge a People, do enfeeble their underſtandings, and diſable their perſons by ſordid and brutiſh buſineſs. Thus *Nero* went up and down *Greece*, and challenged the Fidlers at their trade. *Æſopus* a *Macedonian* King made Lanterns. *Harcatius* the King of *Parthia* was a Mole-catcher: and *Biantes* the *Lydian* filed needles. He that is appointed to miniſter in holy things, muſt not ſuffer ſecular affairs and ſordid arts to eat up great portions of his employment: a Clergy-man muſt not keep a Tavern, nor a Judg be an Inn-keeper; and it was a great idleneſs in *Theophylact* the Patriarch of *C. P.* to ſpend his time in his ſtable of Horſes when he ſhould have been in his ſtudy, or the Pulpit, or ſaying his holy Offices. Such imployments are the diſeaſes of labour, and the ruſt of time, which it contracts, not by lying ſtill, but by dirty imployment.

10. Let our imployment be ſuch *as becomes a Chriſtian*, that is, in no ſenſe mingled with ſin: for he that takes pains to ſerve the ends of covetouſneſs, or miniſters to anothers luſt, or keeps a ſhop of impurities or intemperance, is idle in the worſt ſence; for every hour ſo ſpent runs him backward, and muſt be ſpent again in the remaining and ſhorter part of his life, and ſpent better.

11. Per-

11. Persons of *great quality, and of no trade,* are to be most prudent and curious in their imployment and traffick of time. They are miserable, if their education hath been so loose and undisciplined as to leave them unfurnished of skill to spend their time: but most miserable are they, if such misgovernment and unskilfulness make them fall into vicious and base company, and drive on their time by the sad minutes and periods of sin and death. * They that are *learned* know the worth of time, and the manner how well to improve a day; and they are to prepare themselves for such purposes in which they may be most useful in order to arts or arms, to counsel in publick or government in their Countrey: But for others of them that are *unlearned*, let them chuse good company, such as may not tempt them to a vice, or joyn with them in any; but that may supply their defects by counsel and discourse, byway of conduct and conversation. Let them learn easie and useful things, read history and the laws of the Land, learn the customs of their Countrey, the condition of their own estate, profitable and charitable contrivances of it: let them study prudently to govern their families, learn the burthens of their Tenants, the necessities of their neighbours, and in their proportion supply them, and reconcile their enmities, and prevent their Law-suits, or quickly end them; and in this glut of leisure and disemployment, let them set apart greater portions of their time for Religion and the necessities of their souls.

12. Let the *women of noble birth* and great fortunes do the same things in their proportions and capacities, nurse their children, look to the affairs of the house, visit poor cottages, and relieve their necessities, be courteous to the neighbourhood, learn in silence of their husbands or their spiritual Guides, read good books, pray often and speak little, and *learn to do good works for necessary uses*; for by that phrase *S. Paul* expresses the obligation of Christian women to good huswifery, and charitable provisions for their family and neighbourhood.

13. Let

13. Let all persons of *all conditions* avoid all delicacy and niceness in their *cloathing* or *diet*, because such softness engages them upon great mispendings of their time, while they dress and combe out all their opportunities of their morning devotion, and half the days severity, and sleep out the care and provision for their Souls.

14. Let every one of every condition avoid *curiosity*, and all enquiry into things that concern them not. For all business in things that concern us not is an employing our time to no good of ours, and therefore not in order to a happy Eternity. In this account our neighbours necessities are not to be reckoned; for they concern us as one member is concerned in the grief of another: but going from house to house, tatlers and busie-bodies, which are the canker and rust of idleness, as idleness is the rust of time, are reproved by the Apostle in severe language, and forbidden in order to this exercise.

15. As much as may be, cut off all *impertinent and useless employments* of your life, unnecessary and phantastick visits, long waitings upon great personages where neither duty nor necessity nor charity obliges us, all vain meetings, all laborious trifles, and whatsoever spends much time to no real, civil, religious, or charitable purpose.

16. Let not your *recreations* be lavish spenders of your time, but chuse such which are healthful, short, transient, recreative, and apt to refresh you; but at no hand *dwell* upon them, or make them your *great employment*: for he that spends his time in sports, and calls it recreation, is like him whose garment is all made of fringes, and his meat nothing but sawces; they are healthless, chargeable, and useless. And therefore avoid such games which require much time or long attendance; or which are apt to steal thy affections from more severe employments. For to whatsoever thou hast given thy affections, thou wilt not grudge to give thy time. Natural necessity and the example of *S. John* (who recreated himself with sporting with a tame Partridge) teach us that it is law-

lawful to relax and unbind our bow, but not to suffer it to be unready or unstrung. Cassian. Collat. 24. c. 21.

17. Set apart some portions of every day for *more solemn devotion*, and religious employment, which be *severe* in *observing*: and if variety of employment, or prudent affairs, or civil society press upon you, yet so order thy *rule*, that the necessary parts of it be not omitted; and though just occasions may make our prayers shorter, yet let nothing but a violent, sudden and impatient necessity make thee upon any one day wholly to omit thy morning and evening devotions; which if you be forced to make very short, you may supply and lengthen with ejaculations and short retirements in the day-time in the midst of your employment, or of your company.

18. Do not the *work of God negligently* and idlely: let not thy heart be upon the world; when thy hand is lift up in prayer: and be sure to prefer an action of religion in its place and proper season before all worldly pleasure, letting secular things (that may be dispensed with in themselves) in these circumstances wait upon the other; not like the Patriarch who ran from the Altar in *S. Sophia* to his stable in all his Pontificals, and in the midst of his office, to see a colt newly fallen from his beloved and much valued mare *Phorbante*. More prudent and severe was that of Sir *Thomas More*, who being sent for by the King when he was at his prayers in publick, returned answer, he would attend him when he had first performed his service to the KING of Kings. And it did honour to *Rusticus*, that when Letters from *Cæsar* were given to him, he refused to open them till the Philosopher had done his Lecture. In honouring God and doing his work put forth all thy strength: for of that time only thou mayest be most confident that it is gained, which is prudently and zealously spent in God's service. Jer. 48. 10. Plutarch. de Curiosit.

19. When the *Clock strikes*, or however else you shall measure the day, it is good to say a short ejaculation every hour, that the parts and returns of devotion may be the measure of your time: and do so also

also in all the *breaches* of thy sleep, that those spaces which have in them no direct business of the world may be filled with religion.

Οἱ ἐν αὐτοῖς εὐδοκιμοῦντες οἷς ἥμαρτον εὐπρεπεστέραν τὴν ἀπολογίαν εἰσαεὶ φέρονται. Procop. 2. Vandal.

20. If by thus doing you have not secured your time by an early and fore-handed care, yet be sure by a timely diligence to *redeem the time*, that is, to be pious and religious in such instances in which formerly you have sinned, and to bestow your time especially upon such graces, the contrary whereof you have formerly practised, doing actions of chastity and temperance with as great a zeal and earnestness as you did once act your uncleanness; and then by all arts to watch against your present and future dangers, from day to day securing your standing: this is properly *to redeem your time*, that is, to buy your security of it at the rate of any labour and honest arts.

1 Cor. 7. 5.

21. Let him that is most busied set apart some *solemn time every year*, in which, for the time quitting all worldly business, he may attend wholly to fasting and prayer, and the dressing of his Soul by confessions, meditations and attendances upon God; that he may make up his accounts, renew his vows, make amends for his carelesness, and retire back again from whence levity and the vanities of the world, or the opportunity of temptations, or the distraction of secular affairs have carried him.

22. In this we shall be much assisted, and we shall find the work more easie, if before we sleep every night* we *examine the actions of the past day* with a particular scrutiny, if there have been any accident extraordinary; as long discourse, a Feast, much business, variety of company. If nothing but common hath happened, the less examination will suffice: only let us take care that we sleep not without such a recollection of the actions of the day as may represent any thing that is remarkable and great either to be the matter of sorrow or thanksgiving: for other things a general care is proportionable.

* Μηδ' ὕπνον μαλακοῖσιν ἐπ' ὄμμασι προσδέξασθαι Πρὶν τῶν ἡμερινῶν ἔργων τρὶς ἕκαστον ἐπελθεῖν. Πῇ παρέβην, τί δ' ἔρεξ', τί μοι δέον ἐκ ἐτελέσθη. Pythagor. Carm.

23. Let

23. Let all these things be done *prudently and moderately*; not with scruple and vexation. For these are good advantages; but the particulars are not divine commandements; and therefore are to be used as shall be found expedient to every ones condition. For, provided that our duty be secured, for the degrees and for the instruments every Man is permitted to himself and the conduct of such who shall be appointed to him. He is happy that can secure every hour to a sober or a pious imployment: but the duty consists not scrupulously in minutes and half hours, but in greater portions of time; provided that no minute be employed in sin, and the great portions of our time be spent in sober imployment, and all the appointed dayes and some portions of every day be allowed for Religion. In all the lesser parts of time we are left to our own elections and prudent management, and to the consideration of the great degrees and differences of glory that are laid up in Heaven for us, according to the degrees of our care, and piety, and diligence.

*The benefits of this exercise.*

This exercise, besides that it hath influence upon our whole lives, it hath a special efficacy for the preventing of 1. Beggarly sins, that is, those sins which idleness and beggery usually betray men to; such as are lying, flattery, stealing and dissimulation. 1.
2. It is a proper antidote against carnal sins, and such as proceed from fulness of bread and emptiness of imployment. 2.
3. It is a great instrument of preventing the smallest sins and irregularities of our life, which usually creep upon idle, disimployed and curious persons. 3.
4. It not only teaches us to avoid evil, but engages us upon *doing good*, as the proper business of all our days. 4.
5. It prepares us so against *sudden changes*, that we shall not easily be surprised at the sudden coming of the Day of the Lord: For he that is curious of his time, will not easily be unready and unfurnished. 5.

SECT.

## SECT. II.

*The second general instrument of holy Living, Purity of Intention.*

THat we should intend and design God's glory in every action we do, whether it be natural or chosen, is expressed by *S. Paul, Whether you eat or drink do* 1 Cor. 10. 31. *all to the glory of God.* Which rule when we observe, every action of nature becomes religious, and every meal is an act of worship, and shall have its reward in its proportion, as well as an act of prayer. Blessed be that goodness and grace of God, which, out of infinite desire to glorifie and save Mankind, would make the very works of nature capable of becoming acts of vertue, that all our life time we may do him service.

This grace is so excellent, that it sanctifies the most *common action* of our life; and yet so necessary, that without it the very best actions of our devotion are imperfect and vicious. For he that prays out of custom, or gives alms for praise, or fasts to be accounted religious, is but a Pharisee in his devotion, and a beggar in his alms, and an hypocrite in his fast. But a holy end sanctifies all these, and all other actions which can be made holy, and gives distinctions to them, and procures acceptance.

For, as to know the end distinguishes a Man from a Beast; so to chuse a good end distinguishes him from an evil man. *Hezekiah* repeated his good deeds upon his sick-bed, and obtained favour of God; but the Pharisee was accounted insolent for doing the same thing: because this Man did it to upbraid his brother, the other to obtain a mercy of GOD. *Zacharias* questioned with the Angel about his message; and was made speechless for his incredulity; but the blessed Virgin *Mary* questioned too, and was blameless: for she did it to enquire after the *manner* of the thing, but he did not believe the *thing it self*; he

2 Kings xx. 3.

Atticus eximiè si cœnat, lautus habetur; Si Ritulus, demens——— Juven. Sat. 11.

he doubted of God's power, or the truth of the messenger; but she only of her own incapacity. This was it which distinguished the mourning of *David* from the exclamation of *Saul*; the confession of *Pharaoh* from that of *Manasses*; the tears of *Peter* from the repentance of *Judas*: 'For the praise is not in the deed 'done, but in the manner of its doing. If a Man visits 'his sick friend, and watches at his Pillow for cha- 'rity sake, and because of his old affection, we ap- 'prove it: but if he does it in hope of legacy, he is a 'Vulture, and only watches for the carcass. The same 'things are honest and dishonest: the *manner* of *doing* 'them and the *end* of the design makes the separation. Seneca.

*Holy Intention* is to the actions of a Man that which the Soul is to the body, or form to its matter, or the root to the tree, or the Sun to the World, or the Fountain to a River, or the base to a Pillar: for without these the body is a dead trunk, the matter is sluggish, the tree is a block, the world is darkness, the river is quickly dry, the pillar rushes into flatness and a ruine; and the action is sinful, or unprofitable and vain. The poor Farmer that gave a dish of cold water to *Artaxerxes* was rewarded with a golden globlet, and he that gives the same to a *Disciple in the name of a Disciple* shall have a crown; but if he gives water in despite when the Disciple needs Wine or a Cordial, his reward shall be to want that water to cool his tongue.

* But this Duty must be reduced to Rules.

*Rules for our Intentions.*

1. In every action reflect upon *the end*; and in your undertaking it, consider *why* you do it, and what you propound *to your self for a reward*, and *to your action as its end.*

2. Begin every action in the Name of the Father, of the Son, and of the Holy Ghost: the meaning of which is, 1. That we be careful that we do not the action without the permission or warrant of God.

2. That

2. That design it to the glory of God, if not in the direct action, yet at least in its consequence; if not in the particular, yet at least in the whole order of things and accidents. 3. That it may be so blessed, that what you intend for innocent and holy purposes, may not by any chance or abuse or misunderstanding of Men be turned into evil, or made the occasion of sin.

3. Let every action of concernment be *begun with prayer*, that God would not only bless the action, but sanctifie your purpose; and make an oblation of the action to God: holy and well-intended actions being the best oblations and presents we can make to God; and when God is intitled to them, he will the rather keep the first upon the Altar bright and shining.

4. In the prosecution of the action, renew and reinkindle your purpose by *short ejaculations* to these purposes: [*Not unto us, O Lord, not unto us, but unto thy Name let all praise be given:*] and consider [*Now I am working the work of God; I am his servant, I am in a happy employment, I am doing my Master's business, I am not at my own dispose, I am using his talents, and all the gain must be his:*] for then be sure, as the glory is his, so the reward shall be thine. If thou bringest his goods home with increase, he will make thee ruler over Cities.

5. Have a care that while the Altar thus sends up a holy fume, thou dost not suffer the birds to come and carry away the sacrifice: that is, let not that which began well, and was intended for God's glory, *decline*, and end in thy own praise, or temporal satisfaction, or a sin. A story told to represent the vileness of unchastity is well begun: but if thy female auditor be pleased with thy language, and begins rather to like thy person for thy story, than to dislike the crime, be watchful, lest this goodly head of gold descend in silver and brass, and end in iron and clay, like *Nebuchadnezzar*'s image; for from the *end* it shall have its name and reward.

Qui furatur ut mœchetur, mœchus est magis quàm fur. Arist. Eth.

6. If any *accidental event* which was not first intended by thee can come to pass, let it not be taken into thy

thy purposes, not at all be made use of: as if by telling a true story you can do an ill turn to your enemy, by no means do it; but when the temptation is found out, turn all thy enmity upon that.

7. In every more solemn action of Religion, joyn together *many good ends*, that the consideration of them may entertain all your affections; and that when any one ceases, the purity of your intention may be supported by another supply. He that fasts only to tame a rebellious body, when he is provided of a remedy either in Grace or Nature, may be tempted to leave off his fasting. But he that in his fast intends the mortification of every unruly appetite, and accustoming himself to bear the yoke of the Lord, a contempt of the pleasures of meat and drink, humiliation of all wilder thoughts, obedience and humility, austerity and charity, and the convenience and assistance to devotion, and to do an act of repentance, what ever happens, will have reason enough to make him to continue his purpose, and to sanctifie it. And certain it is, the more good ends are designed in an action, the more degrees of excellency the Man obtains.

8. If any temptation to spoil your purpose happens in a religious duty, do not presently *omit the action*, but rather strive to rectifie your intention and to mortifie the temptation. *S. Bernard* taught us this rule: For when the Devil observing him to preach excellently, and to do much benefit to his hearers, tempted him to vain-glory, hoping that the good Man to avoid that would cease preaching, he gave this answer only, *I neither began for thee, neither for thee will I make an end.*

9. In all actions which are of *long continuance*, deliberation and abode, let your holy and pious intention be *actual*, that is, that it be by a special prayer or action, by a peculiar act of resignation or oblation given to God: but in smaller actions, and little things and indifferent, fail not to secure a pious *habitual* intention; that is, that it be included within your general care that no action have an ill

end; and that it be comprehended in your general prayers, whereby you offer your self and all you do to God's glory.

10. Call not *every temporal end*, a defiling of thy intention, but only, 1. When it contradicts any of the ends of God, or 2. When it is principally intended in an action of Religion. For sometimes a temporal end is part of our duty: and such are all the actions of our calling, whether our employment be religious or civil. We are commanded to provide for our family: but if the Minister of Divine Offices shall take upon him that holy calling for covetous or ambitious ends, or shall not design the glory of God principally and especially, he hath polluted his hands and his heart; and the fire of the Altar is quenched, or it sends forth nothing but the smoke of mushromes or unpleasant gums. And it is a great unworthiness to prefer the interest of a creature before the ends of God the Almighty Creator.

But because many cases may happen in which a mans *heart may deceive him*, and he may not well know what is in his own spirit; therefore by these following signs we shall best make a judgement *whether our intentions be pure, and our purposes holy.*

*Signs of Purity of Intention.*

See Sect. 1. of this Chap. Rule 18.

1. It is probable our hearts are right with God, and our intentions innocent and pious, if we set upon actions of Religion or civil life with an *affection proportionate* to the quality of the work; that we act our temporal affairs with a desire no greater than our necessity; and that in actions of Religion we be zealous, active and operative, so far as prudence will permit; but in all cases, that we value a religious design before a temporal, when otherwise they are in equal order to their several ends: that is, that whatsoever is necessary in order to our Souls health be higher esteemed than what is for bodily; and the necessities, the indispensable necessities of the spirit be served before the needs of nature, when they are required in

in their ſeveral circumſtances: or plainer yet, when we chuſe any temporal inconvenience rather than commit a ſin, and when we chuſe to do a duty rather than to get gain. But he that does his recreation or his merchandiſe chearfully, promptly, readily and buſily, and the works of Religion ſlowly, flatly and without appetite, and the ſpirit moves like *Pharaoh*'s chariots when the wheels were off, it is a ſign that his heart is not right with God, but it cleaves too much to the world.

2. It is likely our hearts are pure, and our intentions ſpotleſs, when we are *not ſolicitous* of the *opinion* and cenſures of men; but only that we do our duty, and be accepted of God. For our eys will certainly be fixed there from whence we expect our reward: and if we deſire that God ſhould approve us, it is a ſign we do his work, and expect him our Pay-maſter.

3. He that does as well *in private* between God and his own Soul *as in publick*, in Pulpits, in Theatres, and Market-places, hath given himſelf a good teſtimony that his purpoſes are full of honeſty, nobleneſs and integrity. For what *Helkanah* ſaid to the Mother of *Samuel*, *Am not I better to thee than ten ſons?* is moſt certainly verified concerning God, that he who is to be our Judg is better than ten thouſand witneſſes. But he that would have his vertue publiſhed, ſtudies not vertue but glory. 'He is not juſt that will not be juſt 'without praiſe: but he is a righteous Man that does 'juſtice, when to do ſo is made infamous; and he is a 'wiſe Man who is delighted with *an ill name* that is '*well-gotten*. And indeed that Man hath a ſtrange covetouſneſs, or folly, that is not contented with this re- 'ward, that *he hath pleaſed God*. And ſee what he gets 'by it. He that does good works for praiſe or ſecu- 'lar ends, ſells an inеſtimable jewel for a trifle; and 'that which would purchaſe Heaven for him, he parts 'with for the breath of the People, which at the beſt 'is but air, and that not often wholeſome.

Seneca, Ep. 113.

S. Chryſ. l. 2. de Compunct. cordis.

S. Greg. Moral. 8. cap. 25

4. It is well alſo when we are not ſolicitous or troubled concerning the *effect and event* of all our actions; but that being firſt by Prayer recommended to

him, is left at his disposé: for then in case the event be not answerable to our desires, or to the efficacy of the instrument, we have nothing left to rest in but the honesty of our purposes; which it is the more likely we have secured, by how much more we are indifferent concerning the success. *S. James* converted but eight persons, when he preached in *Spain*; and our Blessed Saviour converted fewer than his own Disciples did: And if thy labours prove unprosperous, if thou beest much troubled at that, it is certain thou didst not think thy self secure of a reward for thine intention, which thou mightst have done if it had been pure and just.

5. He loves *vertue* for God's sake and its own, that loves and honours it *where-ever* it is to be seen; but he that is *envious* or *angry* at a vertue that is not his own, at the perfection or excellency of his Neighbour, is not covetous of the vertue, but of its reward and reputation, and then his intentions are polluted. It was a great ingenuity in *Moses*, that wished *all the People* might be *Prophets*; but if he had designed his own honour, he would have prophesied alone. But he that desires only that the work of God and Religion shall go on, is pleased with it, whoever is the instrument.

6. He that *despises the world* and all its appendant vanities is the best judge, and the most secure of his intentions, because he is the furthest removed from a temptation. Every degree of mortification is a testimony of the purity of our purposes: and in what degree we despise sensual pleasure, or secular honours, or worldly reputation, in the *same degree* we shall conclude our heart right to Religion & spiritual designs.

7. When we are *not solicitous* concerning the *instruments* and *means* of our actions, but use those means which God hath laid before us, with resignation, indifferency and thankfulness, it is a good sign that we are rather intent upon the end of God's glory, than our own conveniency or temporal satisfaction. He that is indifferent whether he serve God in riches or in poverty, is rather a seeker of God than of himself;

and

and he that will throw away a good Book because it is not curiously gilded, is more curious to please his eye than to inform his understanding.

8. When a temporal end consisting with a spiritual, and pretended to be subordinate to it, happens to *fail* and be defeated, if we can *rejoice* in that, so God's glory may be secured and the interests of Religion, it is a great sign our hearts are right, and our ends prudently designed and ordered.

When our *intentions* are thus *balanced*, regulated and discerned, we may consider, 1. That *this exercise* is of so universal efficacy in the whole course of a holy life, that it is like the *soul to every* holy *action*, and must be provided for in every undertaking; and is of it self alone sufficient to make all natural and indifferent actions to be adopted into the family of Religion.

2. That there are some actions which are usually reckoned as parts of our Religion, which yet of themselves are so relative and imperfect, that without the purity of intention they degenerate: and unless they be directed and proceed on to those purposes which God designed them to, they return into the family of common, secular, or sinful actions. Thus *alms* are for *charity*, *fasting* for *temperance*, *prayer* is for *religion*, *humiliation* is for *humility*, *austerity* or *sufferance* is in order to the vertue of *patience*: and when these actions fail of their several ends, or are not directed to their own purposes, *alms* are mis-spent, *fasting* is an impertinent trouble, *prayer* is but lip-labour, *humiliation* is but hypocrisie, *sufferance* is but vexation; for such were the *alms* of the Pharisee, the *fast* of *Jezabel*, the *prayer* of *Judah* reproved by the Prophet *Isaiah*, the *humiliation* of *Ahab*, the *martyrdom* of *Hereticks*; in which nothing is given to *God* but the body, or *the forms of Religion*, but the soul and *the power of Godliness* is wholly wanting.

3. We are to consider that *no intention* can *sanctifie* an *unholy* or unlawful action. *Saul* the King disobeyed God's commandment, and spared the cattel of *Amalek* to reserve the best for sacrifice: and

*Saul* the Pharisee persecuted the Church of *God* with a design to do *God* service: and they that killed the Apostles had also good purposes, but they had unhallowed actions. S. Bern. lib. de Præcept. 'When there is both truth in election 'and charity in the intention, when we go to *God* in ways of his own chusing or approving, then *our eye is single*, and our hands are clean, and our hearts are pure. But when a Man does evil that good may come of it, or good to an evil purpose, that Man does like him that rouls himself in thorns that he may sleep easily; he roasts himself in the fire, that he may quench his thirst with his own sweat; he turns his face to the East, that he may go to bed with the Sun. I end this with the saying of a wise Heathen: Publius Mimus, *He is to be called evil that is good only for his own sake. Regard not how full hands you bring to* God, *but how pure. Many cease from sin out of fear alone, not out of innocence or love of vertue*, and they (as yet) are not to be called innocent but timorous.

## SECT. III.

### *The third general Instrument of holy Living: or the Practice of the presence of God.*

THat God is present in all places, that he sees every action, hears all discourses, and understands every thought, is no strange thing to a Christian ear, who hath been taught this doctrine not only by *right reason*, and the consent of all the wise Men in the world, but also by God himself in holy Scripture. Jer. 23. 23, 24. [*Am I a God at hand (saith the Lord) and not a God afar off? Can any hide himself in secret places that I shall not see him? (saith the Lord.)* Heb. 4. 13. *Do not I fill heaven and earth? Neither is there any creature that is not manifest in his sight: but all things are naked and open to the eyes of him with whom we have to* Act. 7. 28. *do. For in him we Live and Move and have our Being.*] God is wholly in every place, included in no place, not bound with cords, (except those of love) not divided into parts, not changeable

into

into several shapes, filling Heaven and earth with his present power, and with his never absent nature. So *S. Augustine* expresses this article. So that we may imagine God to be as the Air and the Sea, and we all inclosed in his circle, wrapt up in the lap of his infinite nature, or as infants in the wombs of their pregnant Mothers: and we can no more be removed from the presence of God, than from our own being. Lib. 7. de Civit. c. 30.

*Several manners of the Divine Presence.*

The presence of God is understood by us in several manners and to several purposes.

1. God is present by *his Essence*, which because it is infinite cannot be contained within the limits of any place: and because he is of an essential purity and spiritual nature, he cannot be undervalued by being supposed present in the places of unnatural uncleanness: because as the Sun reflecting upon the mud of strands and shores is unpolluted in its beams, so is God not dishonoured when we suppose him in every of his Creatures, and in every part of every one of them, and is still as unmixt with any unhandsome adherence, as is the Soul in the bowels of the body.

2. God is every where present *by his power*. He rouls the Orbs of Heaven with his Hand, he fixes the Earth with his Foot, he guides all the Creatures with his Eye, and refreshes them with his influence: He makes the powers of Hell to shake with his terrors, and binds the Devils with his Word, and throws them out with his command, and sends the Angels on Embassies with his decrees: He hardens the joynts of Infants, and confirms the bones when they are fashioned beneath secretly in the earth. He it is that assists at the numerous productions of fishes, and there is not one hollowness in the bottom of the sea but he shews himself to be Lord of it, by sustaining there the Creatures that come to dwell in it: And in the wilderness, the Bittern and the Stork, the Dragon

Θεὸς περιέχει τῇ βουλήσει τὸ πᾶν, μείζων τοῦ παντὸς ὥσπερ τῇ οὐσίᾳ οὕτως καὶ οὐσίᾳ. Resp. ad Orthod.

and the Satyr, the Unicorn and the Elk live upon his provisions, and revere his power, and feel the force of his Almightiness.

3. God is *more specially present* in some places by the several and more special manifestations of himself to extraordinary purposes. First, *by Glory*. Thus his seat is in Heaven; because there he sits incircled with all the outward demonstrations of his glory, which he is pleased to shew to all the inhabitants of those his inward and secret Courts. And thus they *that dye in the Lord* may be properly said to be *gone to God*; with whom although they were before, yet now they enter into his Courts, into the secret of his Tabernacle, into the retinue and splendor of his glory. *That* is called *walking* with God, but *this* is *dwelling* or *being* with him. *I desire to be dissolved and to be with Christ*, so said *S. Paul*. But this manner of the Divine presence is reserved for the elect People of God, and for their portion in their Countrey.

Mat. 18. 20. Heb. 10. 25. 4. God is *by Grace and benediction* specially present *in holy places* and in the solemn assemblies of his servants. If holy People meet in grots and dens of the earth, when *persecution* or a publick necessity disturbs the publick order, circumstance and convenience, *God* fails not to come thither to them; but God is also by the same or a greater *reason* present there where they meet *ordinarily, by order and publick authority*: there God is present ordinarily, that is, at every such meeting. God will go out of his way to meet his Saints, when themselves are forced out of their way of order by a sad necessity: but else, God's *usual way* is to be present in those places where his servants are appointed *ordinarily* to meet. But his presence there signifies nothing but a *readiness* to hear their prayers, to bless their persons, to accept their offices, and to like even the circumstance of orderly and publick meeting. For thither the prayers of consecration, the publick authority separating it, and God's love of order, and the reasonable customs of Religion, have in ordinary, and in a certain degree fixed this manner of his presence; and he loves to have it so.

1 King. 5. 9. Ps. 138. 1, 2.

5. God

5. God is *especially present* in the hearts of his People *by his holy Spirit*: and indeed the hearts of holy Men are Temples in the truth of things, and in type and shadow they are Heaven it self. For God *reigns* in the hearts of his servants: there is *his Kingdom.* The power of grace hath *subdued* all his enemies: there is *his power.* They serve him night and day, and give him thanks and praise: that is *his glory.* This is the religion and worship of God in the Temple. The Temple it self is the heart of Man; Christ is the High Priest, who from thence sends up the incense of prayers, and joyns them to his own intercession, and presents all together to his Father; and the Holy Ghost, by his dwelling there, hath also consecrated it into a Temple; and God dwells in our hearts by faith, and Christ by his Spirit, and the Spirit by his purities: so that we are also Cabinets of the Mysterious Trinity; and what is this short of Heaven it self, but as infancy is short of Manhood, and letters of words? The same state of life it is, but not the same age. It is *Heaven in a Looking-glass* (dark, but yet true) representing the beauties of the Soul, and the graces of God, and the images of his eternal glory by the reality of a special presence. 1 Cor. 3. 16. 2 Cor. 6. 16.

6. God is especially present in the *consciences* of all persons, *good and bad, by way of Testimony* and *Judgment*: that is, he is there a remembrancer to call our actions to mind, a witness to bring them to judgment, and a Judge to acquit or to *condemn.* And although this manner of presence is in this life after the manner of this life, that is, imperfect, and we forget many *actions* of our lives; yet the greatest changes of our state of grace or sin, our most considerable actions are always present, like Capital Letters to an aged and dim eye: and at the Day of Judgment God shall draw aside the Cloud, and manifest this manner of his presence more notoriously, and make it appear that he was an observer of our very thoughts; and that he only laid those things by, which because we covered with dust and negligence, were not then discerned. But when we

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are arisen from our dust and imperfection, they all appear plain and legible.

Now the consideration of this great truth is of a very universal use in the whole course of the life of a Christian. All the consequents and effects of it are universal. * He that remembers that God stands a *witness* and a *judge*, beholding every secrecy, besides his impiety, must have put on impudence, if he be not much restrained in his temptation to sin. 'For the greatest part of sin is taken away, 'if a Man have a witness of his conversation: And 'he is a great despiser of God who sends a Boy a-'way when he is going to commit fornication, and 'yet will dare to do it, though he knows God is 'present, and cannot be sent off: as if the eye of a 'little Boy were more awful than the all-seeing eye 'of God. He is to be feared in publick, he is to be 'feared in private: if you go forth, he spies you; if 'you go in, he sees you: when you light the candle, 'he observes you; when you put it out, then also 'God marks you. Be sure that while you are in his 'sight, you behave your self as becomes so holy a pre-'sence. But if you will sin, retire your self wisely, and go where God cannot see; For no where else can you be safe. And certainly, if Men would always actually consider, and really esteem this truth, that God is the *great Eye* of the World, always watching over our actions, and an *ever-open Ear* to hear all our words, and an *unwearied Arm* ever lifted up to crush a sinner into ruine, it would be the readiest way in the world to make sin to cease from amongst the children of Men, and for Men to approach to the blessed estate of the Saints in Heaven, who cannot sin, for they always walk in the presence and behold the face of God. This instrument is to be reduced to practice according to the following Rules.

S. Aug. de verbis Domini, c. 3.

*Rules of exercising this consideration.*

1. Let this actual thought often return, that God is omnipresent, filling every place, and say with *David*, *Whither*

*Whither shall I go from thy Spirit, or whither shall I flee from thy presence? If I ascend up into Heaven, thou art there: If I make my bed in hell, thou art there, &c.* This thought by being frequent will make an *habitual dread* and reverence towards God, and fear in all thy actions. For it is a great necessity and ingagement to do unblameably, when we act before the Judge, who is *infallible* in his sentence, *all-knowing* in his information, *severe* in his anger, *powerful* in his providence, and *intolerable* in his wrath and indignation. Psal. 13. 7, 8. Boeth. l. 5. de Consol.

2. In the beginning of actions of Religion, make an *act of Adoration*, that is, solemnly worship God, and place thy self in God's presence, and behold him with the eye of faith, and let thy desires actually fix on him as the object of thy worship, and the reason of thy hope, and the fountain of thy blessing. For when thou hast placed thy self before him and kneeleſt in his presence, it is most likely, all the following parts of thy devotion will be answerable to the wisdom of such an apprehension, and the glory of such a presence.

3. Let *every thing you see* represent to your spirit the presence, the excellency and the power of God, and let your conversation with the creatures lead you unto the Creator, for so shall your actions be done more frequently with an actual eye to God's presence, by your often seeing him in the glass of the Creation. In the face of the Sun you may see God's beauty; in the fire you may feel his heat warming; in the water his gentleness to refresh you: he it is that comforts your spirits when you have taken Cordials: it is the dew of Heaven that makes your Field give you bread; and the breasts of God are the bottels that minister drink to your necessities. This Philosophy, which is obvious to every mans experience, is a good advantage to our piety, and by this act of understanding our wills are check'd from violence and misdemeanour.

4. In your retirement make *frequent Colloquies* or short discoursings between God and thy own Soul. *Seven times a day do I praise thee: and in the night season also I*

*thought*

*thought upon thee while I was walking.* So did *David*: and every act of complaint or thanksgiving, every act of rejoycing or of mourning, every petition and every return of the *heart* in these intercourses, is a going to God, and appearing in his presence, and a representing him present to thy spirit and to thy necessity. And this was long since by a spiritual person called, *a building to God a Chappel in our heart.* It reconciles *Martha*'s imployment with *Mary*'s Devotion, Charity and Religion, the necessities of our calling and the imployments of devotion. For thus in the midst of the works of your Trade, you may retire into your Chappel [your Heart] and converse with God by frequent addresses and returns.

5. Represent and offer to God *acts of love and fear*, which are the proper effects of this apprehension, and the proper exercise of this consideration. For as God is every where present by his *power*, he calls for *reverence* and godly fear: as he is present to thee in all thy *needs*, and relieves them, he deserves thy *love*: and since in every accident of our lives we find one or other of these apparent, and in most things we see both, it is a proper and proportionate return, that to every such demonstration of God, we express our selves sensible of it by admiring the Divine goodness, or trembling at his presence, ever obeying him because we love him, and ever obeying him because we fear to offend him. This is that which *Enoch* did who thus *walked with God.*

6. Let us remember that *God is in us*, and that we are in him: we are his workmanship, let us not deface it; we are in his presence, let us not pollute it by unholy and impure actions. *God hath also wrought all our works in us*: and because he rejoyces in his own works, if we defile them, and make them unpleasant to him, we walk perversly with *God*, and he will walk crookedly towards us.

Is. 26. 12.

7. *God is in the bowels of thy brother*; refresh them when he needs it, and then you give your alms *in the presence of God, and to God*, and he feels the relief which thou provideſt for thy brother.

8. *God*

8. *God is in every place*; suppose it therefore to be a Church: and that decency of deportment and piety of carriage, which you are taught by Religion or by custom or by civility and publick manners to use in Churches, the same *use in all places*: with this difference only, that in Churches let your deportment be religious in external forms and circumstances also; but there and every where let it be religious in abstaining from spiritual undecencies, and in readiness to do good actions: that it may not be said of us as God once complained of his People, *Why hath my beloved done wickedness in my house?* Jer. 11. 15. secun. vulg. Edit.

9. *God is in every creature*: be cruel towards none, neither abuse any by intemperance. Remember that the creatures and every member of thy own body is one of the lesser cabinets and receptacles of God. They are such which God hath blessed with his presence, hallowed by his touch, and separated from unholy use by making them to belong to his dwelling.

10. He walks as in the presence of God that converses with him in frequent prayer and frequent communion, that runs to him in all his necessities, that asks counsel of him in all his doubtings, that opens all his wants to him, that weeps before him for his sins, that asks remedy and support for his weakness, that fears him as a Judge, reverences him as a Lord, obeys him as a Father, and loves him as a Patron.

### *The Benefits of this exercise.*

The benefits of this consideration and exercise being universal upon all the parts of piety, I shall less need to specifie any particulars; but yet most properly this exercise of considering the Divine presence is, 1. An excellent *help to prayer*, producing in us reverence and awfulness to the Divine Majesty of *God*, and actual devotion in our offices. 2. It produces a *confidence in God*, and fearlessness of our enemies, patience in trouble, and hope of remedy, since *God* is so nigh in all our sad accidents, he is a *disposer* of the

the hearts of Men and the events of things, he proportions out our trials, and supplies us with remedy, and where *his rod strikes us, his staff supports us.* To which we may add this, that God, who is always with us, is especially *by promise* with us *in tribulation*, to turn the misery into a mercy, and that our greatest trouble may become our advantage by intitling us to a new manner of the Divine presence. 3. It is apt to produce *joy and rejoycing in God*, we being more apt to delight in the partners and witnesses of our conversation; every degree of mutual abiding and converſing being a relation and an endearment: we are of the same houshold with God; he is with us in our natural actions to preserve us, in our recreations to restrain us, in our publick actions to applaud or reprove us, in our private to observe us, in our sleeps to watch by us, in our watchings to refresh us: and if we walk with God in *all his ways* as he walks with us *in all ours*, we shall find perpetual reasons to enable us to keep that rule of God, *Rejoyce in the Lord always, and again I say rejoyce.* And this puts me in mind of a saying of an old religious person, [There is one way of overcoming our ghostly enemies; spiritual mirth, and a perpetual bearing of God in our minds.] This effectively resists the Devil, and suffers us to receive no hurt from him. 4. This exercise is apt also to *inkindle holy desires of the enjoyment of God*, because it produces joy when we do enjoy him, the same desires that a weak Man hath for a Defender, the sick Man for a Physician, the poor for a Patron, the child for his Father, the espoused Lover for her betrothed. 5. From the same fountain are apt to issue *humility of spirit*, apprehensions of our great distance and our great needs, our daily wants and hourly supplies, admiration of God's unspeakable mercies: it is the cause of great modesty and decency in our actions; it helps to recollection of mind, and restrains the scatterings and looseness of wandering thoughts; it establishes the heart in good purposes, and leadeth on to perseverance; it gains purity and perfection, (according to the saying of *God* to *Abraham, Walk before me,*

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In vita S. Antho.

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5.

*me, and be perfect*) holy fear, and holy love, and indeed every thing that pertains to holy living: when we see our selves placed in the *eye of God*, who sets us on work and will reward us plenteously, to serve him with an *eye-service* is very pleasing; for he also sees the heart: and the want of this consideration was declared to be the cause why *Israel* sinned so grievously, [*For they say, The Lord hath forsaken the earth, and the Lord seeth not: therefore the Land is full of blood, and the City full of perverseness.*] Ezek. 9. 9. Psal. 10. 11. What a child would do in the eye of his Father, and a Pupil before his Tutor, and a Wife in the presence of her Husband, and a Servant in the sight of his Master, let us always do the same: for *we are made a spectacle to God, to Angels, and to Men*; we are always in the sight and presence of the All-seeing and Almighty God, who also is to us a Father and a Guardian, a Husband and a Lord.

*Prayers and Devotions according to the religion and purposes of the foregoing Considerations.*

I.

*For grace to spend our time well.*

O Eternal *God*, who from all Eternity dost behold and love thy own glories and perfections infinite, and hast created me to do the work of God after the manner of Men, and to serve Thee in this generation, and according to my capacities; give me thy grace, that I may be a curious and prudent spender of my time, so as I may best prevent or resist all temptation, and be profitable to the Christian Commonwealth, and by discharging all my duty may glorifie thy Name. Take from me all slothfulness, & give me a diligent and an active spirit, and wisdom to chuse my imployment; that I may do works proportionable to my person, and to the dignity of a Christian, and may fill up all the spaces of my time with actions of Religion and Charity; that when the Devil assaults me, he may not find me idle, and my dearest

Lord

Lord at his ſudden coming may find me buſie in lawful, neceſſary and pious actions, improving my talent intruſted to me by thee, my Lord, that I may enter into the joy of my Lord, to partake of his eternal felicities, even for thy mercy ſake, and for my deareſt Saviour's ſake. *Amen.*

*Here follows the devotion of ordinary days; for the right imployment of thoſe portions of time which every day muſt allow for Religion.*

*The firſt Prayers in the Morning as ſoon as we are dreſſed.*

*Humbly and reverently compoſe your ſelf, with heart lift up to God and your head bowed, and meekly kneeling upon your knees, ſay the Lord's Prayer: after which uſe the following Collects, or as many of them as you ſhall chuſe.*

Our Father which art in Heaven, &c.

I.

*An act of adoration, being the ſong that the Angels ſing in Heaven.*

HOly, Holy, Holy, Lord God Almighty, which was, and is, and is to come: Heaven and Earth, Angels and Men, the Air and the Sea give glory, and honour, and thanks to him that ſitteth on the throne, who liveth for ever and ever. All the bleſſed ſpirits and Souls of the righteous caſt their crowns before the throne, and worſhip him that liveth for ever and ever. * Thou art worthy, O Lord, to receive glory, and honour, and power; for thou haſt created all things, & for thy pleaſure they are & were created. * Great and marvellous are thy works, O Lord God Almighty: Juſt and true are thy ways, thou King of Saints. Thy wiſdom is infinite, thy mercies are glorious: and I am not worthy, O Lord, to appear in thy preſence, before whom the Angels hide their faces. O Holy and Eternal *Jeſus*, Lamb of God, who wert ſlain

Rev. 11. 17. Rev. 5. 10. 13. Rev. 4. 10. Rev. 15. 3.

from the beginning of the world, thou hast redeemed us to God by thy bloud out of every nation, and hast made us unto our God Kings and Priests, and we shall reign with thee for ever. Blessing, honour, glory and power be unto him that sitteth on the throne and to the Lamb for ever. *Amen.*

II.

*An act of thanksgiving, being the song of* David *for the Morning.*

SIng praises unto the Lord, O ye Saints of his, and give thanks to him for a remembrance of his holiness. For his wrath endureth but the twinkling of an eye, and in his pleasure is life: heavinesse may indure for a night, but joy cometh in the morning. Thou, Lord, hast preserved me this night from the violence of the spirits of darkness, from all sad casualties and evil accidents, from the wrath which I have every day deserved: thou hast brought my Soul out of Hell, thou hast kept my life from them that go down into the Pit: thou hast shewed me marvellous great kindness, and hast blessed me for ever: the greatness of thy glory reacheth unto the heavens, and thy truth unto the clouds. Therefore shall every good man sing of thy praise without ceasing. O my God, I will give thanks unto thee for ever. *Allelujah.*

III.

*An Act of oblation or presenting our selves to God for the day.*

MOst Holy and Eternal God, Lord and Soveraign of all the creatures, I humbly present to thy Divine Majesty my self, my Soul and body, my thoughts and my words, my actions and intentions, my passions and my sufferings, to be disposed by thee to thy *glory*, to be blessed by thy providence, to be guided by thy counsel, to be sanctified by thy Spirit, and afterwards that my body and Soul may be received into glory:

for nothing can perish which is under thy custody; and the enemy of Souls cannot devour what is thy portion, nor take it out of thy hands. This day, O *Lord*, and all the days of my life I dedicate to thy honour, and the actions of my calling to the uses of grace, and the Religion of all my days to be united to the merits and intercession of my holy Saviour *Jesus*, that in him and for him I may be pardoned and accepted. *Amen.*

## IV.

### *An act of Repentance or Contrition.*

FOR as for me, I am not worthy to be called thy *servant*, much less am I worthy to be thy son; for I am the vilest of sinners and the worst of men, a lover of the things of the world and a despiser of the things of God [*proud and envious, lustful and intemperate*] greedy of sin and impatient of reproof, desirous to seem holy and negligent of being so, transported with interest, fool'd with presumption and false principles, disturbed with anger, with a peevish and unmortified spirit, and disordered by a whole body of *sin* and *death*. *Lord*, pardon all my sins for my sweetest *Saviour*'s sake: thou who didst die for me, Holy *Jesus*, save me and deliver me: reserve not my sins to be punished in the day of wrath and eternal vengeance; but wash away my sins, and blot them out of thy remembrance, and purifie my soul with the waters of repentance and the blood of the cross; that for what is past thy wrath may not come out against me, and for the time to come I may never provoke thee to anger or to jealousie. O just and dear *God*, be pittiful and gracious to thy servant. *Amen.*

## V.

### *The Prayer or Petition.*

BLess me, gracious *God*, in my calling to such purposes as thou shalt chuse for me, or imploy me in. Relieve me in all my sadnesses, make my bed in my sic

ſickneſs, give me patience in my ſorrows, confidence in thee, and grace to call upon thee in all temptations. O be thou my guide in all my actions, my Protector in all dangers: give me a healthful body, and a clear underſtanding, a ſanctified and juſt, a charitable and humble, a religious and a contented ſpirit: let not my life be miſerable and wretched, nor my name ſtained with ſin and ſhame, nor my condition lifted up to a tempting and dangerous fortune; but let my condition be bleſſed, my converſation uſeful to my Neighbours and pleaſing to thee, that when my body ſhall lie down in its bed of darkneſs, my Soul may paſs into the Regions of light, and live with thee for ever, through *Jeſus* Chriſt. *Amen.*

## VI.

*An act of interceſſion or prayer for others, to be added to this or any other office, as our devotion, or duty, or their needs ſhall determine us.*

O God of infinite mercy, who haſt compaſſion on all Men, and relieveſt the neceſſities of all that call to thee for help, hear the prayers of thy ſervant who is unworthy to ask any petition for himſelf, yet in humility and duty is bound to pray for others.

* O let thy mercy deſcend upon the whole *Church*, preſerve her in truth and peace, in unity and ſafety, in all ſtorms, and againſt all temptations and enemies; that ſhe offering to thy glory the never-ceaſing ſacrifice of prayer and thankſgiving, may advance the honour of her Lord, and be filled with his Spirit, and partake of his glory. *Amen.* *For the Church.*

* In mercy remember the King; preſerve his Perſon in health and honour, his crown in wealth and dignity, his kingdoms in peace and plenty, the Churches under his protection in piety and knowledge, and a ſtrict and holy Religion: keep him perpetually in thy fear and favour, and crown him with glory and immortality. *Amen.* *For the King.*

* Remember them that miniſter about holy things, *For the Clergy.*

let them be clothed with righteousnes, and sing with joyfulnes. *Amen.*

*For Wife or Husband.* *Bless thy servant [my Wife, or Husband] with health of body and of spirit. O let the hand of thy blessing be upon his [or her] head night and day, and support him in all *necessities*, strengthen him in all temptations, comfort him in all his sorrows, and let him be thy servant in all changes; and make us both to dwell with thee for ever in thy favour, in the light of thy countenance, and in thy glory, *Amen.*

*For our Children.* *Bless my Children with healthful bodies, with good understandings, with the graces and gifts of thy Spirit, with sweet dispositions and holy habits, and sanctifie them throughout in their bodies and Souls and spirits, and keep them unblameable to the coming of the Lord *Jesus*, *Amen.*

*For Friends and Benefactors.* *Be pleased, O Lord, to remember my friends, all that have prayed for me, and all that have done me good. [*Here name such whom you would specially recommend.*] Do thou good to them and return all their kindness double into their own bosom, rewarding them with blessings, and sanctifying them with thy graces, and bringing them to glory.

*For our Family.* *Let all my family and kindred, my neighbours and acquaintance [*Here name what other relation you please*] receive the benefit of my prayers, and the blessings of God; the comforts and supports of thy providence, and the sanctification of thy Spirit.

*For all in misery.* *Relieve and comfort all the persecuted and afflicted: speak peace to troubled consciences: strengthen the weak: confirm the strong: instruct the ignorant: deliver the oppressed from him that spoileth him, and relieve the needy that hath no helper: and bring us all by the waters of comfort and in the ways of righteousnes to the Kingdom of rest and glory, through *Jesus* Christ our Lord. *Amen.*

To God the Father of our Lord *Jesus* Christ, To the eternal Son that was incarnate and born of a Virgin, To the Spirit of the Father and the Son, be all honour and glory, worship and thanksgiving now and for ever. *Amen.*

*Another*

*Another form of Prayer for the Morning.*

*In the Name of the Father, and of the Son, and of the Holy Ghost. Our Father, &c.*

I.

MOst glorious and eternal God, Father of mercy and God of all comfort, I worship and adore thee with the lowest humility of my Soul and body, and give thee all thanks and praise for thy infinite and essential glories and perfections; and for the continual demonstration of thy mercies upon me, upon all mine, and upon thy holy Catholick Church.

II.

I Acknowledge, dear God, that I have deserved the greatest of thy wrath and indignation; and that if thou hadst dealt with me according to my deserving, I had now at this instant been desperately bewailing my miseries in the sorrows and horrors of a sad eternity. But thy mercy triumphing over thy justice and my sins, thou hast still continued to me life and time of repentance; thou hast opened to me the gates of grace and mercy, and perpetually calleſt upon me to enter in and to walk in the paths of a holy life, that I might glorifie thee and be glorified of thee eternally.

III.

BEhold, O God, for this thy great and unspeakable goodness, for the preservation of me this night, and for all other thy graces and *blessings*, I offer up my Soul and body, all that I am, and all that I have, as a Sacrifice to thee and thy service; humbly begging of thee to pardon all my sins, to defend me from all evil, to lead me into all good, and let my portion be amongst thy redeemed ones in the gathering together of the Saints, in the Kingdom of grace and glory.

IV.

GUide me, O Lord, in all the changes and varieties of the world, that in all things that shall happen, I may have an evenness and tranquillity of spirit; that my Soul may be wholly resigned to thy Di-

vineſt will and pleaſure, never murmuring at thy gentle chaſtiſements and fatherly correction, never waxing proud and inſolent, though I feel a torrent of comforts and proſperous ſucceſſes.

V.

FIx my thoughts, my hopes and my deſires upon Heaven and heavenly things; teach me to deſpiſe the world, to repent me deeply for my ſins; give me holy purpoſes of amendment, and ghoſtly ſtrength and aſſiſtances to perform faithfully whatſoever I ſhall intend piouſly. Enrich my underſtanding with an eternal treaſure of Divine truths, that I may know thy will, and thou who workeſt in us to will and to do of thy good pleaſure, teach me to obey all thy Commandments, to believe all thy Revelations, and make me partaker of all thy gracious promiſes.

VI.

TEach me to watch over all my ways, that *I* may never be ſurpriſed by ſudden *temptations* or a careleſs ſpirit, nor ever return to folly and vanity. Set a watch, *O Lord*, before my mouth, and keep the door of my lips, that *I* offend not in my tongue neither againſt piety nor charity. Teach me to think of nothing but thee, and what is in order to thy glory and ſervice; to ſpeak nothing but thee and thy glories; and to do nothing but what becomes thy ſervant, whom thy infinite mercy by the graces of thy holy Spirit hath ſealed up to the day of Redemption.

VII.

LEt all my paſſions and *affections* be ſo mortified and brought under the dominion of grace, that *I* may never by deliberation and purpoſe, nor yet by levity, raſhneſs, or inconſideration offend thy Divine Majeſty. Make me ſuch as thou wouldſt have me to be: ſtrengthen my faith, confirm my hope, and give me a daily encreaſe of charity, that this day and ever *I* may ſerve thee according to all my *opportunities* and capacities; growing from grace to grace, till at laſt by thy mercies *I* ſhall receive the *conſummation* and perfection of grace, even the glories of thy Kingdom in the full

full fruition of the face and excellencies of God the Father, the Son, and the Holy Ghost, to whom be glory and praise, honour and adoration given by all Angels, and all Men, and all Creatures, now and to all eternity. *Amen.*

¶ *To this may be added the prayer of Intercession for others whom we are bound to remember, which is at the end of the foregoing Prayer; or else you may take such special Prayers which follow at the end of the fourth Chapter* [for Parents, for Children, *&c.*]

*After which conclude with this Ejaculation.*

Now in all tribulation and anguish of spirit, in all dangers of soul and body, in prosperity and adversity, in the hour of Death and in the day of Judgment, holy and most blessed Saviour *Jesus*, have mercy upon me, save me and deliver me and all faithful People. *Amen.*

¶ *Between this and noon usually are said the publick Prayers appointed by Authority, to which all the Clergy are obliged, and other devout persons that have leisure to accompany them.*

¶ *After noon or at any time of the day, when a devout person retires into his Closet for private Prayer, or spiritual exercises, he may say the following devotions.*

*An exercise to be used at any time of the day.*

IN the Name of the Father, and of the Son, &c. Our Father, *&c.*

*The Hymn collected out of the Psalms, recounting the excellencies and greatness of God.*

*O be joyful in God all ye lands, sing praises unto his*

4, 6. *honour of his Name, make his Name to be glorious.* * *O come hither and behold the works of God, how wonderful he is in his doings towards the children of men. He ruleth with his power for ever.*

Pſal. 68. 5, 6. *He is the father of the fatherleſs, and defendeth the cauſe of the widow, even God in his holy habitation. He is the God that maketh men to be of one mind in a houſe, and bringeth the priſoners out of captivity; but letteth the runagates continue in ſcarceneſs.*

Pſal. 29. 3, 4. *It is the Lord that commandeth the waters, it is the glorious God that maketh the thunder.* * *It is the Lord that ruleth the ſea: the voice of the Lord is mighty in operation, the voice of the Lord is a glorious voice.*

Pſal. 33. 8. Iſa. 65. 5. *Let all the earth fear the Lord: ſtand in awe of him all ye that dwell in the World. Thou ſhalt ſhew us wonderful things in thy righteouſneſs, O God of our ſalvation, thou that art the hope of all the ends of the Earth, and of them that remain in the broad Sea.*

Glory be to the Father, &c.

## Or this.

Iſa. 25. 1. *O Lord, thou art my God, I will exalt thee: I will praiſe thy Name, for thou haſt done wonderful things: thy counſels of old are faithfulneſs and truth.*

Pſal. 65 6, 7. Thou *in thy ſtrength ſetſt faſt the Mountains, and art girded about with power.* Thou *ſtilleſt the raging of the ſea, and the noiſe of his waves, and the madneſs of his people.*

8. *They alſo that remain in the uttermoſt parts of the Earth ſhall be afraid at thy tokens; thou that makeſt the out-goings of the morning and evening to praiſe thee.*

Pſal. 89. 6, 8. *O Lord God of Hoſts, who is like unto thee? thy truth, moſt mighty Lord, is on every ſide. Among the gods there is none like unto thee, O Lord, there is none that can do as thou doeſt.* * *For thou art great and doeſt wonderous things, thou art God alone.*

*God is very greatly to be feared in the counſel of the ſaints, and to be had in reverence of all them that are round about him.*

Right-

*Righteousness and equity is in the habitation of thy seat, mercy and truth shall go before thy face.* * *Glory and worship are before them, power and honour are in his Sanctuary.* Psal. 96. 6.

*Thou, Lord, art the thing that I long for, thou art my hope even from my youth. Through thee have I been holden up ever since I was born; thou art he that took me out of my mothers womb; my praise shall be always of thee.* Psal. 71. 5.

Glory be to the Father, &c.

¶ *After this may be read some portion of holy Scripture out of the New Testament or out of the Sapiential books of the Old,* viz. Proverbs, Ecclesiastes, &c. *because these are of great use to piety and to civil conversation. Upon which when you have a while meditated, humbly composing your self upon your knees, say as followeth.*

## Ejaculations.

*My help standeth in the name of the Lord who hath made Heaven and Earth.* Psal. 124.

*Shew the light of thy countenance upon thy servant, and I shall be safe.* Psal. 80.

*Do well, O Lord, to them that be true of heart,* and evermore mightily defend them. Psal. 125.

*Direct me in thy truth and teach me, for thou art my Saviour* and my great Master. Psal. 25.

Keep me from sin and death eternal, and from my enemies visible and invisible.

Give me grace to live a holy life, and thy favour that I may die a godly and happy death.

Lord, hear the prayer of thy servant, and give me thy holy Spirit.

*The Prayer.*

O Eternal God, merciful and gracious, vouchsafe thy favour and thy blessing to thy servant: let the

the love of thy mercies and the dread and fear of thy Majesty make me careful and inquisitive to search thy will, and diligent to perform it, and to persevere in the practices of a holy life, even till the last of my days.

II.

KEep me, O Lord, for *I* am thine by creation; guide me, for *I* am thine by purchase, thou hast redeemed me by the bloud of thy Son; and loved me with the love of a Father, for *I* am thy child by adoption and grace: let thy mercy pardon my sins, thy providence secure me from the punishments and evils *I* have deserved, and thy care watch over me, that *I* may never any more offend thee: make me in malice to be a child; but in understanding, piety, and the fear of God, let me be a perfect man in Christ, innocent and prudent, readily furnished and instructed to every good work.

III.

KEep me O Lord, from the destroying Angel, and from the wrath of God: let thy anger never rise against me, but thy rod gently correct my follies, and guide me in thy ways, and thy staff support me in all sufferings and changes. Preserve me from fracture of bones, from noisom, infectious and sharp sicknesses, from great violences of *Fortune* and sudden surprises; keep all my senses intire till the day of my death, and let my death be neither sudden, untimely nor unprovided; let it be after the common manner of Men, having in it nothing extraordinary, but an extraordinary piety, and the manifestation of thy great and miraculous mercy.

V.

LEt no riches make me ever forget my self, no poverty ever make me to forget thee: Let no hope or fear, no pleasure or pain, no accident without, no weakness within, hinder or discompose my duty, or turn me from the ways of thy Commandments. O let thy spirit dwell with me for ever, and make my Soul just and charitable, full of honesty, full of Religion, resolute and constant in holy purposes, but inflexible

flexible to evil. Make me *humble* and obedient, peaceable and pious: let me never envy any Man's good, nor deserve to be despised my self: and if *I* be, teach me to bear it with meekness and charity.

V.

GIve me a tender conscience; a conversation discreet and affable, modest and patient, liberal and obliging; a body chaste and healthful, competency of living according to my condition, contentedness in all estates, a resigned will and mortified affections: that *I* may be as thou wouldst have me, and my portion may be in the lot of the righteous, in the brightness of thy countenance, and the glories of eternity. *Amen.*

* Holy is our God. * Holy is the Almighty. * Holy is the Immortal. Holy, holy, holy Lord God of Sabaoth, have mercy upon me.

*A form of Prayer for the Evening to be said by such who have not time or opportunity to say the publick Prayers appointed for this office.*

I.

OEternal God, great Father of Men and Angels, who hast established the Heavens and the Earth, in a wonderful order, making day and night to succeed each other; *I* make my humble address to thy Divine Majesty, begging of thee mercy and protection this night and ever. O Lord, pardon all my sins, my light and rash words, the vanity and impiety of my thoughts, my unjust and uncharitable actions, and whatsoever *I* have transgressed against thee this day, or at any time before. Behold, O God, my Soul is troubled in the remembrance of my sins, in the frailty and sinfulness of my flesh exposed to every temptation, and of it self not able to resist any. Lord God of mercy *I* earnestly beg of thee to give me a great portion of thy grace, such as may be sufficient and effectual for the mortification of all my sins and vanities and disorders: that as *I* have formerly served my lust and unworthy *Evening Prayer.*

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desires, so now I may give my self up wholly to thy service and the studies of a holy life.

II.

BLessed Lord, teach me frequently and sadly to remember my sins; and be thou pleased to remember them no more: let me never forget thy mercies, and do thou still remember to do me good. Teach me to walk always as in thy presence: Ennoble my Soul with great degrees of love to thee, and consign my spirit with great fear, religion and veneration of thy holy Name and laws; that it may become the great imployment of my whole life to serve thee, to advance thy glory, to root out all the accursed habits of sin, that in holiness of life, in humility, in charity, in chastity and all the ornaments of grace, I may by patience wait for the coming of our Lord *Jesus*. *Amen.*

III.

TEach me, O Lord, to number my days, that I may apply my heart unto wisdom, ever to remember my last end, that I may not dare to *sin* against thee. Let thy holy Angels be ever present with me to keep me in all my ways from the malice and violence of the spirits of darkness, from evil company, and the occasions and opportunities of evil, from perishing in popular judgments, from all the ways of sinful shame, from the hands of all mine enemies, from a sinful life, and from despair in the day of my death. Then, O brightest *Jesu*, shine gloriously upon me, let thy mercies and the light of thy *countenance* sustain me in all my agonies, weaknesses and temptations. Give me opportunity of a prudent and spiritual Guide, and of receiving the holy Sacrament; and let thy loving Spirit so guide me in the ways of peace and safety, that with the testimony of a good conscience and the sense of thy mercies and refreshment, I may depart this life in the unity of the Church, in the love of God, and a certain hope of salvation through *Jesus* Christ our Lord and most blessed Saviour, *Amen.*

Our Father, &c.

Then

*Another form of Evening Prayer which may also be used at bed-time.*

Our Father &c.

I *Will lift up my eyes unto the hills, from whence cometh my help.* Psal. 121. 1, &c.

*My help cometh of the Lord which made heaven and earth.*

*He will not suffer thy foot to be moved: he that keepeth thee will not slumber.*

*Behold, he that keepeth Israel shall neither slumber nor sleep.*

*The Lord is thy keeper, the Lord is thy shade upon thy right hand.*

*The sun shall not smite thee by day, neither the moon by night.*

*The Lord shall preserve thee from all evil; he shall preserve thy Soul.*

*The Lord shall preserve thy going out and thy coming in, from this time forth for evermore.*

Glory be to the Father, &c.

I.

VIsit, I beseech thee, O Lord, this habitation with thy mercy, and me with thy grace and salvation. Let thy holy Angels pitch their tents round about and dwell here, that no illusion of the *night* may abuse me, the spirits of darkness may not come near to hurt me, no evil or sad accident oppress me; and let the eternal Spirit of the Father dwell in my Soul and body, filling every corner of my heart with light and grace. Let no deed of darkness overtake me; and let thy blessing, most blessed God, be upon me for ever, through *Jesus* Christ our Lord. *Amen.*

II.

INto thy hands most blessed *Jesu*, I commend my soul and body, for thou hast *redeemed* both with thy most precious bloud. So bless and sanctifie my sleep unto me, that it may be temperate, holy and safe, a refreshment

ment to my wearied body, to enable it so to serve my Soul, that both may serve thee with a never-failing duty. O let me never sleep in sin or death eternal, but give me a watchful and a prudent spirit, that *I* may omit no opportunity of serving thee; that whether *I* sleep or wake, live or die, *I* may be thy servant and thy child: that when the work of my life is done, *I* may rest in the bosom of my Lord, till by the voice of the Archangel, the trump of God, *I* shall be awakened and called to sit down and feast in the eternal supper of the Lamb. Grant this, O Lamb of God, for the honour of thy mercies, and the glory of thy name, O most merciful Saviour and Redeemer *Jesu*. *Amen*.

III.

BLessed be the God and Father of our Lord *Jesu*, who hath sent his Angels, and kept me this day from the destruction that walketh at noon, and the arrow that flieth by day; and hath given me his Spirit to restrain me from those evils to which my own weaknesses, and my evil habits, and my unquiet enemies would easily betray me. Blessed and for ever hallowed be thy name for that never-ceasing showr of blessing by which *I* live, and am content and blessed, and provided for in all necessities, and set forward in my duty and way to heaven. *Blessing, honour, glory and power be unto him that sitteth on the throne, and to the Lamb, for ever and ever. *Amen*.

*Holy is our God. *Holy is the Almighty.* Holy is the Immortal. Holy, holy, holy Lord God of Sabaoth, have mercy upon me.

*Ejaculations and short meditations to be used in the Night when we wake.*

*Stand in awe and sin not; commune with your own heart upon your bed, and be still. I will lay me down in peace and sleep, for thou, Lord, only makest me to dwell in safety.*

O Father of Spirits and the God of all flesh, have mercy

mercy and pity upon all sick and dying Christians, and receive the Souls which thou hast redeemed returning unto thee.

Blessed are they that dwell in the heavenly *Jerusalem*, where there is *no need of the Sun, neither of the Moon to shine in it: for the glory of God does lighten it, and the Lamb is the light thereof.* Rev. 21. 23. *And there shall be no night there, and they need no candle; for the Lord God giveth them light, and they shall reign for ever and ever.* Rev. 22. 5.

Meditate on *Jacob*'s wrestling with the Angel all night: be thou also importunate with God for a blessing, and give not over till he hath blessed thee.

Meditate on the Angel passing over the children of *Israel*, and destroying the *Ægyptians* for disobedience and oppression. Pray for the grace of obedience and charity, and for the Divine protection.

Meditate on the Angel who destroyed in a night the whole army of the *Assyrians* for fornication. Call to mind the sins of thy youth, the sins of thy bed; and say with *David*, *My reins chasten me in the night season, and my soul refuseth comfort.* Pray for pardon and the grace of chastity.

Meditate on the agonies of Christ in the garden, his sadness and affliction all that night; and thank and adore him for his love that made him suffer so much for thee; and hate thy sins which made it necessary for the Son of God to suffer so much.

Meditate on the Four last things. 1. The certainty of Death. 2. The terrors of the day of Judgement. 3. The joys of Heaven. 4. The pains of Hell, and the eternity of both.

Think upon all thy friends which are gone before thee, and pray that God would grant to thee to meet them in a joyful resurrection.

*The day of the Lord will come as a thief in the night, in* 2 Pet.
*the which the Heavens shall pass away with a great noise, and the elements shall melt with fervent heat, the Earth also and the works that are therein shall be burnt up. Seeing then that all these things shall be dissolved, what manner of persons ought we to be in all holy conversa-*

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*tion and godlineſs, Looking for and haſtening unto the coming of the day of God?*

Lord, in mercy remember thy ſervant in the day of Judgment.

Thou ſhalt anſwer for me, O Lord my God. In thee, O Lord, have I truſted: let me never be confounded.

*Amen.*

*I Deſire the Chriſtian Reader to obſerve that all theſe offices, or forms of Prayer (if they ſhould be uſed every day) would not ſpend above an hour and a half: but becauſe ſome of them are double (and ſo but one of them to be uſed in one day) it is much leſs: and by affording to God one hour in 24. thou mayeſt have the comforts and rewards of devotion. But he that thinks this is too much, either is very buſie in the world, or very careleſs of heaven. However I have parted the Prayers into ſmaller portions, that he may uſe which and how many he pleaſe in any one of the forms.*

## *Ad* Sect. 2.

*A Prayer for holy intention in the beginning and purſuit of any conſiderable Action, as Study, Preaching, &c.*

O Eternal God, who haſt made all things for man, and man for thy glory, ſanctifie my body and Soul, my thoughts and my intentions, my words and actions, that whatſoever I ſhall think, or ſpeak, or do, may be by me deſigned to the glorification of thy Name, and by thy bleſſing it may be effective and ſucceſsful in the work of God, according as it can be capable. Lord, turn my neceſſities into vertue, the works of nature into the works of grace, by making them orderly, regular, temperate, ſubordinate and profitable to ends beyond their own proper efficacy: and let no pride or ſelf-ſeeking, no covetouſneſs or revenge, no impure mixture or unhandſome purpoſes, no little ends and low imaginations pollute my ſpirit, and unhallow any of my words and actions: but let my body be a ſervant of my ſpirit, and both body and ſpirit ſervants of *Jeſus*; that doing all things for thy

thy glory here, I may be partaker of thy glory hereafter, through *Jesus* Christ our Lord. *Amen.*

## *Ad* Sect. 3.

### *A Prayer meditating and referring to the Divine presence.*

¶ *This Prayer is specially to be used in temptation to private sins.*

O Almighty God, infinite and eternal, thou fillest all things with thy presence; thou art every where by thy essence and by thy power, in heaven by Glory, in holy places by thy grace and favour, in the hearts of thy servants by thy Spirit, in the consciences of all men by thy testimony and observation of us. Teach me to walk always as in thy presence, to fear thy Majesty, to reverence thy wisdom and omniscience, that I may never dare to commit any undecency in the eye of my Lord and my Judge, but that I may with so much care and reverence demean my self, that my Judge may not be my accuser, but my Advocate; that I, expressing the belief of thy presence here by careful walking, may feel the effects of it in the participation of eternal glory, through *Jesus* Christ. *Amen.*

# CHAP. II.

## Of Christian Sobriety.

### SECT. I.

*Of Sobriety in the general sense.*

CHristian Religion in all its moral parts is nothing else but the Law of Nature, and great Reason, complying with the great necessities of all the World, and promoting the great profit of all relations, and carrying us through all accidents of variety of chances to that end which God hath from eternal ages purposed for all that live according to it, and which he hath revealed in *Jesus* Christ: and according to the Apostles Arithmetick hath but these three parts of it, 1. Sobriety, 2. Justice, 3. Religion. *For the grace of God bringing salvation hath appeared to all men, teaching us that denying ungodliness and worldly lusts, we should live,* 1. *Soberly,* 2. *Righteously, and* 3. *Godly in this present world, looking for that blessed hope and glorious appearing of the great God and our Saviour Jesus Christ.* The first contains all our deportment in our personal and private capacities, the fair treating of our bodies and our spirits. The second enlarges our duty in all relations to our Neighbour. The third contains the offices of direct Religion, and entercourse with God.

*Christian Sobriety* is all that duty that concerns ourselves in the matter of *meat* and *drink* and *pleasures* and *thoughts*; and it hath within it the duties of 1. *Temperance,* 2. *Chastity,* 3. *Humility,* 4. *Modesty,* 5. *Content.*

It is a using severity, denial and frustration of our appetite

appetite when it grows unreasonable in any of these instances: the necessity of which we shall to best purpose understand by considering the evil consequences of sensuality, effeminacy, or fondness after carnal pleasures.

*Evil consequents of Voluptuousness or Sensuality.*

1. A longing after sensual pleasures is a dissolution of the spirit of a man, and makes it loose, soft and wandring, unapt for noble, wise, or spiritual imployments; because the principles upon which pleasure is chosen and pursued, are sottish, weak and unlearned, such as prefer the body before the Soul, the appetite before reason, sense before the spirit, the pleasures of a short abode before the pleasures of eternity.

Tu si animum vicisti potiùs quam animus te, est qd. gaudeas: Qui animum vincunt quàm quos animus, semper probiores cluent. Trinum.

2. The nature of sensual pleasure is vain, empty and unsatisfying, biggest always in *expectation*, and a mere vanity in the injoying, and leaves a sting and thorn behind it when it goes off. Our laughing if it be loud and high, commonly ends in a deep sigh, and all the instances of pleasure have a sting in the tail, though they carry beauty on the face and sweetness on the lip.

3. Sensual pleasure is a great abuse to the spirit of a man, being a kind of fascination or witchcraft blinding the understanding and enslaving the will. And he that knows he is free born or redeemed with the bloud of the Son of God, will not easily suffer the freedom of his Soul to be intangled and rifled.

Μόνον σκέψαι πόσου πωλεῖς τὴν σεαυτοῦ προαίρεσιν, ἄνθρωπε, εἰ μηδὲν ἄλλο, μὴ ὀλίγου αὐτὴν πωλήσῃς. *Arrian. c. 2. l. 1.*

4. It is most contrary to the state of a Christian; whose life is a perpetual exercise, a wrastling and *warfare*, to which sensual pleasure disables him, by yielding to that enemy with whom he must strive if ever he will be crowned. And this argu-

Θέλεις ὀλύμπια νικῆσαι; δεῖ σ' εὐτακτεῖν, ἀναγκοτροφεῖν, ἀπέχεσθαι πεμμάτων, γυμνάζεσθαι πρὸς ἀνώτκην, &c. Epict. cap. 35.

2 Cor. 9. 25. ment the Apostle intimated: *He that striveth for masteries is temperate in all things: Now they do it to obtain a corruptible crown, but we an incorruptible.*

5. It is by a certain consequence the greatest impediment in the world to martyrdom; that being a fondness, this being a cruelty to the flesh; to which a Christian man arriving by degrees must first have crucified the lesser affections: for he that is overcome by little arguments of *pain*, will hardly consent to lose his life with torments.

*Degrees of Sobriety.*

Against this Voluptuousness Sobriety is opposed in *three degrees.*

1. *A despite or dis-affection to pleasures*, or a resolving against all entertainment of the instances and temptations of sensuality: and it consists in the internal faculties of will and understanding, decreeing and declaring against them, disapproving and disliking them upon good reason and strong resolution.

2. *A fight and actual war* against all the temptations and offers of sensual pleasure in all evil instances and degrees: and it consists in prayer, in fasting, in cheap diet, and hard lodging, and laborious exercises, and avoiding occasions, and using all arts and industry of fortifying the Spirit, and making it severe, manly and Christian.

3. *Spiritual pleasure* is the highest degree of *Sobriety*; and in the same degree in which we relish and are in Apoc. 2. 17. love with spiritual delights, the *hidden Manna*, with the sweetnesses of devotion, with the joys of thanksgiving, with rejoycings in the Lord, with the comforts of hope, with the deliciousness of charity and almsdeeds, with the sweetness of a good conscience, with the peace of meekness, and the felicities of a contented Spirit; in the same degree we distrelish and loath the husks of swinish lusts, and the parings of the apples of *Sodom*; and the taste of sinful pleasures is unsavory as the Drunkard's vomit.

*Rules*

*Rules for suppressing Voluptuousness.*

The precepts and advices which are of best and of general use in the curing of sensuality are these:

1. Accustom thy self to cut off all superfluity in the provisions of thy life; for our desires will enlarge beyond the present possession so long as all the things of this world are unsatisfying: if therefore you suffer them to extend beyond the measures of necessity or moderated conveniency, they will still swell: but you reduce them to a little compass, when you make nature to be your limit. We must more take care that our desires should cease, than that they should be satisfied, and therefore reducing them to narrow scantlings and small proportions is the best instrument to redeem their trouble, and prevent the dropsie, because that is next to an universal denying them: it is certainly a paring off from them all unreasonableness and irregularity. *For whatsoever covets unseemly things, and is apt to swell to an inconvenient bulk, is to be chastened and tempered: and such are sensuality, and a Boy,* said the Philosopher.

Desideria tua parvo redime, hoc enim tantum curare debes ut desinant. Senec.

Lib. 3. Eth. cap. 12.

2. Suppress your sensual desires in their first approach; for then they are least, and thy faculties and election are stronger: but if they in their weakness prevail upon thy strengths, there will be no resisting them when they are increased, and thy abilities lessened. *You shall scarce obtain of them to end, if you suffer them to begin.*

Facilius est initia affectuum prohibere, quàm impetum regere. Senec. ep. 86.

3. Divert them with some laudable imployment, and take off their edge by inadvertency, or a not attending to them. For since the faculties of a Man cannot at the same time with any *sharpness* attend to two objects, if you imploy your *spirit* upon a book or a bodily labour, or any innocent and indifferent imployment, you have no room left for the present trouble of a sensual temptation. For to this sense it was that *Alexander* told the Queen of *Caria*, that his Tutor *Leonidas* had provided two Cooks for him [Hard

νυκτιπορίαν καὶ ὀλιγαρεστίαν.

marches all night, and a small dinner the next day:] these tamed his youthful aptnesses to dissolution, so long as he ate of their provisions.

4. Look upon pleasures not upon that side that is next the Sun, or where they look beauteously, that is, as they come towards you to be injoyed; for then they paint, and smile, and dress *themselves* up in tinsel and *glass* gems and counterfeit imagery; but when thou hast rifled and discomposed them with injoying their false beauties, and that they begin to go off, then behold them in their nakedness and weariness. See what a sigh and sorrow, what naked unhandsom proportions and a filthy carcase they discover; and the next time they counterfeit, remember what you have already discovered, and be no more abused. And I have known some wise persons have advised to cure the passions and longings of their children by letting them taste of every thing they passionately fancied; for they should be sure to find less in it than they looked for, and the impatience of their being denied would be loosened and made slack: and when our wishings are no bigger than the thing deserves, and our usages of them according to our needs, (which may be obtained by trying what they are, and what good they can do us) we shall find in all pleasures so little entertainment, that the vanity of the possession will soon reprove the violence of the appetite. And if this permission be in innocent instances, it may be of good use: But *Solomon* tried it in all things, taking his fill of all pleasures, and soon grew weary of them all. The same thing we may do by reason which we do by experience, if either we will look upon pleasures as we are sure they look when they go off, after their injoyment; or if we will credit the experience of those men who have tasted them and loathed them.

Voluptates abeuntes fessas & pœnitentiâ plenas animis nostris natura subjicit, quò minùs cupidè repetantur. Seneca.

Læta venire Venus, tristis abire solet.

5. Often consider and contemplate the joys of Heaven, that when they have filled thy desires which are the sails of the Soul, thou mayest steer only thither, and

and never more look back to *Sodom*. And when thy Soul dwells above, and looks down upon the pleasures of the World, they seem like things at distance, little and contemptible, and men running after the satisfaction of their sottish appetites seem foolish as fishes, thousands of them running after a rotten worm that covers a deadly hook, or at the best but like children with great noise pursuing a bubble rising from a walnut-shell, which ends sooner than the noise.

6. To this, the example of Christ and his Apostles. of *Moses* and all the Wise men of all ages of the world will much help; who understanding how to distinguish good from evil did chuse a sad and melancholy way to felicity, rather than the broad, pleasant and easie path to folly and misery.

But this is but the general. Its first particular is Temperance.

## SECT. II.

### *Of Temperance in Eating and Drinking.*

SObriety is the bridle of the passions of desire, and Temperance is the bit and curb of that bridle, a restraint put into a Man's mouth, a moderate use of meat and drink, so as may best consist with our health, and may not hinder but help the works of the Soul by its necessary supporting us, and ministring chearfulness and refreshment.

Ἐγκράτεια] Ἀπὸ τοῦ ἐν κράτει ἔχειν τὰς ἐπιθυμίας.

Temperance consists in the actions of the Soul principally: for it is a grace that chuses natural means in order to proper and natural and holy ends: it is exercised about *eating* and *drinking* because they are necessary; but therefore it permits the use of them only as they minister to lawful ends; it does not *eat* and *drink* for pleasure, but for need, and for refreshment, which is a part or a degree of need. I deny not but eating and drinking *may be*, and in healthful bodies *always is*, with pleasure; because there is in nature no greater pleasure than that all the appetites which God hath

made should be satisfied: and a Man may chuse a morsel that is pleasant, the less pleasant being rejected as being less useful, less apt to nourish, or more agreeing with an infirm stomach, or when the day is festival by order, or by private joy. In all these cases it is permitted to receive a more free delight, and to design it too as the less principal: that is, that the chief reason why we chuse the more delicious, be the serving that end for which such refreshments and choices are permitted. But when delight is the only end, and rests it self, and dwells there long, then eating and drinking is not a serving of God, but an inordinate action; because it is not in the way to that end whither God directed it. But the chusing of a delicate before a more ordinary dish is to be done as other humane actions are, in which there are no degrees and precise natural limits described, but a latitude is indulged; it must be done moderately, prudently, and according to the accounts of wise, religious and sober Men: and then God who gave us such variety of creatures, and our choice to use which we will, may receive glory from our temperate use, and thanksgiving, and we may use them indifferently without scruple, and a making them to become snares to us, either by too licentious and studied use of them, or too restrained and scrupulous fear of using them at all, but in such certain circumstances in which no Man can be sure he is not mistaken.

But Temperance in meat and drink is to be estimated by the following Measures.

*Measures of Temperance in Eating.*

1. *Eat not before the time*, unless necessity, or charity, or any intervening accident, which may make it reasonable and prudent, should happen. Remember it had almost cost *Jonathan* his life because he tasted a little honey before the sun went *down*, contrary to the King's commandment; and although a great need, which he had, excused him from the sin of gluttony, yet

yet it is inexcusable when thou eatest before the usual time, and thrustest thy hand into the dish unseasonably, out of greedinesse of the pleasure, and impatience of the delay.

2. *Eat not hastily and impatiently*, but with such decent and timely action, that your eating be a humane act, subject to deliberation and choice, and that you may consider in the eating: whereas he that eats hastily, cannot consider particularly of the circumstances, degrees, and little accidents and chances that happen in his meal; but may contract many little undecencies, and be suddenly surprised.

3. *Eat not delicately or nicely*, that is, be not troublesome to thy self or others in the choice of thy meats, or the delicacy of thy sauces. It was imputed as a sin to the sons of *Israel*, that they loathed *Manna* and longed for flesh: *the Quails stuck in their nostrils, and the wrath of God fell upon them.* And for the manner of dressing, the sons of *Eli* were noted of indiscreet curiosity: they would not have the flesh boiled, but raw, that they might *roast it with fire.* Not that it was a sin to eat it, or desire meat roasted; but that when it was appointed to be boiled, they refused it: which declared an *intemperate* and a nice palate. It is lawful in all senses to comply with a *weak* and a nice *stomach*: but not with a nice and curious palate. When our health requires it, that ought to be provided for; but not so our sensuality and intemperate longings. *Whatsoever is set before you, eat*; if it be provided for you, you may eat it, be it never so delicate; and be it plain and common, so it be wholsom and fit for you, it must not be refused upon curiosity: for every degree of that is a degree of intemperance. Happy and innocent were the ages of our *forefathers*, who ate *herbs* and parched corn, *and drank* the pure stream, and broke their fast with nuts and roots; and when they were permitted flesh, ate it only dressed with hunger and fire; and the first sauce they had was bitter herbs, and sometimes bread dipt in *vinegar*.

Felix initium prior ætas contenta dulcibus arvis,
Faciléque sera solebat jejunia solvere glande.
Arbuteos fœtus, montanaque fraga legebant.
Boeth. l. 1. de consol.

But

But in this circumstance moderation is to be reckoned in proportion to the present customs, to the company, to education, and the judgment of honest and wise persons, and the necessities of nature.

4. *Eat not too much:* load neither thy stomach nor thy understanding. *If thou sit at a bountiful table, be not greedy upon it, and say not there is much meat on it. Remember that a wicked eye is an evil thing: and what is created more wicked than an eye? Therefore it weepeth upon every occasion. Stretch not thy hand whithersoever it looketh, and thrust it not with him into the dish. A very little is sufficient for a man well nurtured, and he fetcheth not his wind short upon his bed.*

*Signs and effects of Temperance.*

We shall best know that we have the grace of Temperance by the following signs, which are as so many arguments to engage us also upon its study and practice.

1. A Temperate man is Modest: greedinesse is unmannerly and rude. And this is intimated in the advice of the son of *Sirach*, *When thou sittest amongst many, reach not thy hand out first of all. Leave off first for manners sake, and be not unsatiable, lest thou offend.* * 2. Temperance is accompanied with gravity of deportment: greedinesse is garish, and rejoyces loosly at the sight of dainties. * 3. Sound, but moderate, sleep is its sign and its effect. *Sound sleep cometh of moderate eating, he riseth early and his wits are with him.* * 4. A spiritual joy and a devout prayer. * 5. A suppressed and seldom anger. * 6. A command of our thoughts and passions. * 7. A seldom returning, and a never-prevailing temptation. * 8. To which add, that a *Temperate* person is not curious of fancies and deliciousnesse. He thinks not much, and speaks not often of meat and drink; hath a healthful body and long life, unless it be hindred by some other accident: whereas to gluttony, *the pain of watching and choler, the pange*

Cicero vocat Temperantiam ornatum vitæ, in quo decorum illud & honestum situm est.

of

*of the belly*, are continual company. And therefore *Stratonicus* said handsomly concerning the luxury of the *Rhodians*. 'They built houses as if they were 'immortal, but they feasted as if they meant to live 'but a little while. And *Antipater* by his reproach of the old glutton *Demades* well expressed the baseness of this sin, saying that *Demades* now old, and always a glutton, was like a spent sacrifice, nothing left of him but his belly and his tongue, all the man besides is gone. Plutarch de cupid. divit.

*Of Drunkenness.*

But I desire that it be observed, that because intemperance in eating is not so soon perceived by others as immoderate drinking, and the outward visible effects of it are not either so *notorious* or so ridiculous, therefore gluttony is not of so great *disreputation* amongst men as drunkenness: yet according to its degree it puts on the greatness of the sin before God, and is most strictly to be attended to, lest we be surprised by our security and want of diligence, and the intemperance is alike criminal in both, according as the affections are either to the meat or drink. Gluttony is more uncharitable to the body, and Drunkenness to the Soul, or the understanding part of Man; and therefore in Scripture is more frequently forbidden and declaimed against than the other: and Sobriety hath by use obtained to signifie temperance in drinking.

Drunkenness is an immoderate affection and use of drink. That I call immoderate that is besides or beyond that order of good things for which God hath given us the use of drink. The ends are digestion of our meat, chearfulness and refreshment of our spirits, or any end of health; *besides* which if we go, or at any time *beyond* it, it is inordinate and criminal, it is the vice of drunkenness. It is forbidden by our Blessed Saviour in these words, [*Take heed to your selves lest at any time your hearts be overcharged with surfeiting, and drunkenness.*] *Surfeiting*, that is the evil effects Luke 21. 34.

the

the ſottiſhneſs and remaining ſtupidity of habitual, or of the laſt nights *drunkenneſs*. For Chriſt forbids both the actual and habitual intemperance; not only the effect of it, but alſo the affection to it: for in both there is ſin. He that drinks but little, if that little make him drunk, and if he know before-hand his own infirmity, is guilty of *ſurfeiting*, not of *drunkenneſs*. But he that drinks much and is ſtrong to bear it, and is not deprived of his reaſon violently, is guilty of the ſin of *drunkenneſs*. It is a ſin not to prevent ſuch uncharitable effects upon the body and underſtanding: And therefore a Man that loves not the drink is guilty of *ſurfeiting*, if he does not watch to prevent the evil effect: and it is a ſin, and the greater of the two, inordinately to love or to uſe the drink, though the *ſurfeiting* or violence do not follow. Good therefore is the counſel of the ſon of *Sirach*, *ſhew not thy valiantneſs in wine; for wine hath deſtroyed many.*

Κακοποιὸν καὶ ἀφροσυνικὸν, aut καὶ χθιζὸν οἰνοφλυγίας, Schol. in Ariſtoph.

Idem: ferè apud Plutarch. Vinolentia animi quandam remiſſionem & levitatem, ebrietas futilitatem ſignificat.

Plutarch. de Garrul.

Eccluſ. 31. 25.

*Evil conſequents to Drunkenneſs.*

The evils and ſad conſequents of drunkenneſs (the conſideration of which are as ſo many *arguments* to avoid the *ſin*) are to this ſenſe reckoned by the Writers of holy Scripture, and other wiſe perſonages of the world. 1. It cauſeth woes and miſchief, wounds and ſorrow, ſin and * ſhame; it maketh bitterneſs of ſpirit, brawling and quarrelling, it encreaſeth rage and leſſeneth ſtrength, it maketh red eyes and a looſe and babling tongue. 2. It particularly miniſters to luſt, and yet diſables the body; ſo that in effect it makes Man wanton as a Satyr, and impotent as age. And *Solomon* in enumerating the evils of this vice adds this to the account, *Thine eyes ſhall behold ſtrange women, and thy heart ſhall utter perverſe things*: as if the drunkard were only deſire, and then impatience, muttering and enjoying like an Eunuch imbracing a woman. 3. It beſots and hinders the actions of the underſtanding, making

Prov. 23. 29. Eccluſ. 31. 26.

* Multa faciunt ebrii quæ poſtea ſobrios pudet. Senec.

Prov. 23. 33.

king a man brutish in his passions, and a fool in his *reason*; and differs nothing from madness, but that it is voluntary, and so is an equal evil in nature, and a worse in manners. 4. It takes off all the guards, and lets loose the reins of all those evils to which a Man is by his nature or by his evil customs inclined, and from which he is restrained by reason and severe principles. Drunkenness calls off the Watch-men from their towers; and then all the evils that can proceed from a loose heart, and an untied tongue, and a dissolute spirit, and an unguarded, unlimited will, all that we may put upon the accounts of drunkenness. 5. It extinguisheth and quenches the Spirit of God, for no Man can be filled with the Spirit of God, and with wine at the same time. And therefore Saint *Paul* makes them exclusive of each other: *Be not drunk with wine wherein is excess, but be filled with the Spirit.* And since *Joseph*'s cup was put into *Benjamin*'s sack, no Man had a divining goblet. 6. It opens all the sanctuaries of Nature, and discovers the nakedness of the soul, all its weaknesses and follies, it multiplies sins and discovers them, it makes a Man *uncapable* of being a private friend, or a publick Counseller. 7. It taketh a Man's soul into slavery and imprisonment more than any vice whatsoever, because it disarms a Man of all his reason and his wisdom whereby he might be *cured*, and therefore commonly it grows upon him with *age*; a drunkard being still more a fool and less a man. I need not add any sad examples, since all story and all ages have too many of them. *Ammon* was slain by his brother *Absolom* when he was warm and high with wine. *Simon* the High Priest and two of his sons were slain by their brother at a drunken feast. *Holofernes* was drunk when *Judith* slew him: & all the great *things* that *Daniel* spake of *Alexander* were drowned with a surfeit

Insania comes est ira, contubernalis ebrietas. Plutarch.

——Corpus onustum
Hesternis vitiis animum quoque prægravat. Horat.

Ebrietas est voluntaria insania. Senec.

Eph. 5. 18.

Οἶνός σε πολὺ μαλλάδας, ἢ τε νῆ ἄλλως
Βλάπτει, ὃς ἂν μὴ χαλδὴν ἴλη μεθ' αἵματι πίῃ. Homer.

Prov. 31. 4. οὐ δοτέον βασιλεῦσι μεθύειν, οὐ σανίδι, "Ὅς γὰρ ἂν πίῃ, ἐπιλήσεται τῶν παρόντων, Philem.

Alexandrum intemperantia bibendi & ille Herculanes ac fatalis scyphus perdidit

of

of one nights intemperance: and the drunkenneſs of *Noah* and *Lot* are upon record to eternal ages, that in thoſe early inſtances, and righteous perſons, and leſs criminal drunkenneſs than is that of Chriſtians in this period of the world, God might ſhew that very great evils are prepared to puniſh this vice; no leſs than ſhame, and ſlavery, and inceſt; the firſt upon *Noah*, the ſecond upon one of his ſons, and the third in the perſon of *Lot*.

*Signs of Drunkenneſs.*

But if it be enquired concerning the periods and diſtinct ſignifications of this crime, and when a man is ſaid to be drunk; to this I anſwer, That drunkenneſs is in the ſame manner to be judged as ſickneſs. As every illneſs or violence done to health in every part of its continuance is a part or degree of ſickneſs: ſo is every going off from our natural and common temper and our uſual ſeverity of behaviour, a degree of drunkenneſs. He is not only drunk that can drink no more; for few are ſo: but he hath ſinned in a degree of drunkenneſs who hath done any thing towards it beyond his proper meaſure. But its parts and periods are uſually thus reckoned. 1. Apiſh geſtures. 2. Much talking. 3. Immoderate laughing. 4. Dulneſs of ſenſe. 5. Scurrility, that is, wanton, or jeering, or abuſive language. 6. An uſeleſs underſtanding. 7. Stupid ſleep. 8. Epilepſies, or fallings and reeling, and beaſtly vomitings. The leaſt of theſe, even when the tongue begins to be untied, is a degree of drunkenneſs.

But that we may avoid the ſin of Intemperance in meats and drinks, beſides the former rules or meaſures, theſe counſels alſo may be uſeful.

*Rules for obtaining Temperance.*

1. Be not often preſent at feaſts, nor at all in diſſolute company, when it may be avoided: for variety of pleaſing objects ſteals away the heart of man; and company

company is either violent or enticing; and we are weak or complying, or perhaps desirous enough to be abused. But if you be unavoidably or indiscreetly ingaged, let not mistaken civility or good nature ingage thee either to the temptation of staying (if thou understandest thy weakness) or the sin of drinking inordinately.

2. Be severe in your *judgment* concerning your proportions, and let no occasion make you enlarge far beyond your ordinary. For a man is surprised by *parts*, and while he thinks one *glass* more will not make him drunk, that one *glass* hath disabled him from well discerning his present condition and neighbour danger. *While men think themselves wise they become fools:* they think they shall taste the aconite and not die, or crown their heads with juice of poppy and not be drowsie; and if they drink off the whole *vintage*, still they think they can swallow another goblet*. But remember this, when ever you begin to consider whether you may safely take one draught more, it is then high *time* to give over. Let that be accounted a sign late enough to break off: for every reason to doubt, is a sufficient reason to part the company.

* Senec. ep. 83. Chi ha bevuto tutto il mare, può bere anche un trago.

3. Come not to table but when thy need invites thee; and if thou beest in health, leave something of thy appetite unfilled, something of thy natural heat unimployed, that it may secure thy digestion, and serve other needs of nature or the spirit.

4. Propound to thy self (if thou beest in a capacity) a constant rule of living, of eating and drinking: which though it may not be fit to observe scrupulously, lest it become a snare to thy conscience, or indanger thy health upon every accidental violence; yet let not thy rule be broken often nor much, but upon great necessity and in small degrees.

5. Never urge any Man to eat or drink beyond his own limits and his own desires. He that does otherwise is drunk with his brothers surfeit, and reels and falls with his intemperance; that is, the sin of drunkenness is upon both their scores, they both lie wallowing in the guilt.

Nil interest, faveas scelleri, an illud facias. Senec.

6. Use

6. Use S. *Paul's* instruments of Sobriety: *Let us who are of the day be sober, putting on the breast-plate of faith and love, and for an helmet the hope of Salvation.* Faith, Hope and Charity are the best weapons in the world to fight against intemperance. The faith of the Mahometans forbids them to drink wine, and they abstain religiously, as the sons of *Rechab*: and the faith of Christ forbids drunkenness to us, and therefore is infinitely more powerful to suppress this vice, when we remember that *we are Christians*, and to abstain from drunkenness and gluttony is part of the Faith and Discipline of *Jesus*, and that with these vices neither our love to God, nor our hopes of heaven can possibly consist; and therefore when these enter the heart, the others go out at the mouth: for this is the Devil that is cast out by fasting and prayer, which are the proper actions of these graces.

7. As a pursuance of this Rule, it is a good advice, that as we begin and end all our times of eating with prayer and thanksgiving; so at the meal we remove and carry up our mind and spirit to the *Celestial* table, often thinking of it, and often desiring it; that by inkindling thy desire to Heavenly banquets, thou mayest be indifferent and less passionate for the Earthly.

8. Mingle discourses pious, or in some sense profitable, and in all senses charitable and innocent, with thy meal, as occasion is ministred.

9. Let your drink so serve your meat, as your meat doth your health; that it be apt to convey and digest it, and refresh the spirits: but let it never go beyond such a refreshment as may a little lighten the present load of a sad or troubled spirit: never to inconvenience, lightness, sottishness, vanity, or intemperance, and know that the loosing the bands of the tongue, and the very first dissolution of its duty, is one degree of the intemperance.

10. In all cases be careful that you be not brought under the power of such things which otherwise are lawful enough in the use. *All things are lawful for me, but I will not be brought under the power of any thing,*

*thing*, said *S. Paul.* And to be perpetually longing, and impatiently desirous of any thing, so that a Man cannot abstain from it; is to lose a Man's liberty, and to become a servant of meat and drink, or *smoke*: And I wish this last instance were more considered by persons who little suspect themselves guilty of intemperance, though their desires are strong and impatient, and the use of it perpetual and unreasonable to all purposes, but that they have made it habitual and necessary, as intemperance it self is made to some Men.

11. Use those advices which are prescribed as instruments to suppress Voluptuousness in the foregoing Section.

## SECT. III.

### *Of Chastity.*

*READer stay, and read not the advices of the following Section, unless thou hast a chast spirit, or desirest to be chast, or at least art apt to consider whether you ought or no. For there are some spirits so Atheistical, and some so wholly possessed with a spirit of uncleanness, that they turn the most prudent and chast discourses into dirt and filthy apprehensions; like cholerick stomachs, changing their very Cordials and medicines into bitterness; and in a literal sense* turning the grace of God into wantonness. *They study cases of conscience in the matter of carnal sins, not to avoid, but to learn ways how to offend God and pollute their own spirits; and search their houses with a Sun-beam, that they may be instructed in all the corners of nastiness. I have used all the care I could, in the following periods, that I might neither be wanting to assist those that need it, nor yet minister any occasion of fancy or vainer thoughts to those that need them not. If any man will snatch the pure taper from my hand, and hold it to the Devil, he will only burn his own fingers, but shall not rob me of the reward of my care and good intention, since I have taken heed how to express the following duties, and given him caution how to read them.*

CHastity is that duty which was mystically intended by God in the law of Circumcision. It is the circumcision of the heart, the cutting off *all superfluity of naughtiness*, and a suppression of all irregular desires in the matter of sensual or carnal pleasure. I call all desires irregular and sinful that are not sanctified, 1. By the holy institution, or by being within the protection of marriage; 2. By being within the order of nature; 3. By being within the moderation of Christian modesty. *Against the first* are fornication, adultery, and all voluntary pollutions of either sex. *Against the second* are all unnatural lusts and incestuous mixtures. *Against the third* is all immoderate use of permitted beds; concerning which judgment is to be made as concerning meats and drinks: there being no certain degree of frequency or intention prescribed to all persons, but it is to be ruled as the other actions of a man, by proportion to the end, by the dignity of the person in the honour and severity of being a Christian, and by other circumstances, of which I am to give account.

*Chastity* is that grace which forbids and restrains all these, keeping the body and Soul pure in that state in which it is placed by God, whether of the single or of the married life. Concerning which our duty is thus described by S. *Paul*, [*For this is the will of God, even our sanctification, that ye should abstain from fornication; that every one of you should know how to possess his vessel in sanctification and honour: Not in the lust of concupiscence, even as the Gentiles which know not God.*] 1 Thess. 4. 3, 4, 5.

*Chastity* is either *abstinence* or *continence*. *Abstinence* is that of Virgins or Widows: *Continence* of married persons. *Chast marriages* are honourable and pleasing to God: *Widowhood* is pitiable in its solitariness and loss, but amiable and comely when it is adorned with gravity and purity, and not sullied with remembrances of the passed licence, nor with present desires of returning to a second bed. But *Virginity* is

a life

a life of Angels, the enamel of the Soul, the huge advantage of Religion, the great opportunity for the retirements of devotion: and being empty of cares it is full of prayers; being unmingled with the world, it is apt to converse with God; and by not feeling the warmth of a too-forward and indulgent nature, flames out with holy fires, till it be burning like the Cherubim and the most ecstasied order of holy and unpolluted Spirits.

Virginitas est in carne corruptibili incorruptionis perpetua meditatio. S. Aug. l. de Virg. c. 13.

Natural virginity of it self is not a state more acceptable to God: but that which is chosen and voluntary in order to the conveniencies of Religion and separation from worldly incumbrances, is therefore better than the married life, not that it is more holy, but that it is a freedom from cares, an opportunity to spend more time in spiritual imployments; it is not allayed with businesses and attendances upon lower affairs: and if it be a chosen condition to these ends, it containeth in it a victory over lusts, and greater desires of Religion, and self-denial, and therefore is more excellent than the married life, in that degree in which it hath greater religion, and a greater mortification, a less satisfaction of natural desires, and a greater fulness of the spiritual: and just so is to expect that little coronet or special reward which God hath prepared (extraordinary and besides the great Crown of all faithful Souls) for those *who have not defiled themselves with women, but follow the* Virgin *Lamb for ever.* Apoc. 14. 4. Mat. 19. 12.

But some married persons even in their marriage do better please God than some Virgins in their state of virginity: They by giving great example of conjugal affection, by preserving their faith unbroken, by educating children in the fear of God, by patience and contentedness and holy thoughts and the exercise of vertues proper to that state, do not only please God, but do in a higher degree than those Virgins whose piety is not answerable to their great opportunities and advantages.

However, married persons and Widows and Virgins are all servants of God and coheirs in the inheritance

ritance of *Jesus*, if they live within the restraints and laws of their particular estate, chastly, temperately, justly and religiously.

*The evil consequents of Uncleanness.*

The blessings and proper effects of Chastity we shall best understand by reckoning the evils of uncleanness and carnality.

1. Uncleanness of all vices is the most shameful. *The eye of the Adulterer waiteth for the twilight, saying, No eye shall see me, and disguiseth his face. In the dark they dig through houses which they had marked for themselves in the day-time; they know not the light: for the morning is to them as the shadow of death. He is swift as the waters; their portion is cursed in the earth, he beholdeth not the way of the vineyards.* Shame is the eldest daughter of Uncleanness.

Job 24. 15. &c.

ἄτιμα πάθη.

2. The appetites of uncleanness are full of cares and trouble, and its fruition is sorrow and repentance. *The way of the adulterer is hedged with thorns*: full of fears and jealousies, burning desires and impatient waitings, tediousness of delay, and sufferance of affronts, and amazements of discovery.

Hos. 2. 6.

Appetitus fornicationis anxietas est, satietas verò pœnitentia. S. Hieron.

3. Most of its kinds are of that condition, that they involve the ruine of two Souls; and he that is a fornicator or adulterous, steals the Soul as well as dishonours the body of his Neighbour; and so it becomes like the sin of falling *Lucifer*, who brought a part of the stars with his tail from Heaven.

4. Of all carnal sins it is that alone which the Devil takes delight to imitate and counterfeit: communicating with Witches and impure persons in the corporal act, but in this only.

5. Uncleanness with all its kinds is a vice which hath a professed enmity against the body. *Every sin which a man doth is without the body; but he that committeth fornication sinneth against his own body.*

1 Cor. 6. 18.

6. Uncleanness is hugely contrary to the spirit of Government by embasing the spirit of a Man, making it

φθαρτικὴ τῆς ἀρχῶν.

it effeminate, sneaking, soft and foolish, without courage, without confidence. *David* felt this after his folly with *Bathsheba*, he fell to unkingly arts and stratagems to hide the crime; and he did nothing but increase it, and remained timorous and poor-spirited, till he prayed to God once more to establish him with a free and a *Princely spirit*, And no superior dare strictly observe discipline upon his charge, if he hath let himself loose to the *shame of incontinence*. Spiritu principali me confirma, Ps. 51.

7. The Gospel hath added two arguments against uncleanness which were never before used, nor indeed could be: since God hath given the holy Spirit to them that are baptized, and rightly confirmed, and entred into covenant with him, our bodies are made temples of the Holy Ghost in which he dwells; and therefore uncleanness is Sacriledge and defiles a Temple. It is *S. Paul's* argument [*Know ye not that your body is the temple of the holy Ghost?*] and [*He that defiles a temple, him will God destroy.*] Therefore *glorifie God in your bodies*, that is, *flee fornication*. To which for the likeness of the argument add, *that our bodies are members of Christ*, and therefore *God forbid* that we should *take the members of Christ and make them members of a harlot*. So that uncleanness dishonours Christ, and dishonours the holy Spirit: it is a sin against God, and in this sence a sin against the Holy Ghost. 1 Cor. 6. 19. 1 Cor. 3. 17.

8. The next special argument which the Gospel ministers especially against adultery, and for the preservation of the purity of marriage, is that [Marriage is by Christ hallowed into a mystery to signifie the Sacramental and mystical union of Christ and his Church.] He therefore that breaks this knot which the Church and their mutual faith hath tied, and Christ hath knit up into a mystery, dishonours a great rite of Christianity, of high, spiritual and excellent signification. Ephes. 5. 32.

9. S. *Gregory* reckons uncleanness to be the parent of these monsters, Blindness of mind, inconsideration, precipitancy or giddiness in actions, self-love, hatred of God, love of the present pleasures, a despite or despair of the joys of Religion here and of Heaven Moral.

hereafter. Whereas a pure mind in a chast body is the mother of wisdom and deliberation, sober counsels and ingenuous actions, open deportment and sweet carriage, sincere principles and unprejudicate understanding, love of God and self-denial, peace and confidence, holy prayers and spiritual comfort, and a pleasure of Spirit infinitely greater than the sottish and beastly pleasures of unchastity. *For to overcome pleasure is the greatest pleasure, and no victory is greater than that which is gotten over our lusts and filthy inclinations.*

S. Cyprian de bono pudicitiæ.

10. Add to all these, the publick dishonesty and disreputation that all the nations of the world have cast upon adulterous and unhallowed embraces. *Abimelech* to the Men of *Gerar* made it death to meddle with the wife of *Isaac*: and *Judah* condemned *Thamar* to be burnt for her adulterous conception: and God, besides the Law made to put the adulterous person to death, did constitute a setled and constant miracle to discover the adultery of a suspected Woman; that her bowels should burst with drinking the waters of Jealousie. The *Egyptian* Law was to cut off the nose of the adulteress, and the offending part of the adulterer. The *Locrians* put out both the adulterers eyes. The *Germans* (as *Tacitus* reports) placed the adulteress amidst her kindred naked, and shaved her head, and caused her husband to beat her with Clubs through the City. The *Gortynæans* crowned the Man with wool to shame him for his effeminacy: and the *Cumani* caused the Woman to ride upon an Ass naked and hooted at, and for ever after called her by an appellative of scorn, [*A Rider upon the Ass.*] All nations barbarous and civil agreeing in their general design of rooting so dishonest and shameful a vice from under Heaven.

Numb. 5. 14.

ὀνοβάτης.

* Concil. Tribur. c. 49. Concil. Aurel. 1. sub Clodovæo.

The * middle *ages* of the *Church* were not pleased that the adulteress should be put to death: but in the Primitive ages the * civil *Laws*, by which Christians were then governed, gave leave to the wronged husband to kill his adulterous wife, if he took her in the fact: but because it was a priviledge indulged to men, rather

* Cod. de adulteriis, ad legem Juliam l. 1. & Cod. Theod. de adulteriis c. placuit.

ther than a direct detestation of the crime, a consideration of the injury rather than of the uncleanness, therefore it was soon altered, but yet hath caused an inquiry, *Whether is worse, the adultery of the man or the woman.*

The resolution of which case in order to our present affair is thus. *In respect of the person*, the fault is greater in a man than in a woman, who is of a more pliant and easie spirit, and weaker understanding, and hath nothing to supply the unequal strengths of men, but the defensative of a passive nature and armour of modesty, which is the natural ornament of that sex. *And it is unjust that the man should demand chastity and severity from his wife, which himself will not observe towards her*, said the good Emperour *Antoninus*: it is as if the man should perswade his wife to fight against those enemies to which he had yielded himself a prisoner. 2. *In respect of the effects and evil consequents*, the adultery of the woman is worse, as bringing bastardy into a family, and dis-inherisons or great injuries to the lawful children, and infinite violations of peace, and murthers, and divorces, and all the effects of rage and madness. 3. *But in respect of the crime*, and as relating to God, they are equal, intolerable, and damnable: and since it is no more permitted to men to have many wives, than to women to have many husbands, and that in this respect their priviledge is equal, their sin is so too. And this is the case of the question in Christianity. And the Church anciently refused to admit such persons to the holy Communion, until they had done seven years penances in fasting, in sackcloth, in severe inflictions and instruments of chastity and sorrow, according to the discipline of those ages.

Apud Aug. de adulter. conjug. Plut. conjug. præcept.

### *Acts of Chastity in general.*

The actions and proper offices of the grace of Chastity in general are these.

1. *To resist all unchast thoughts*: at no hand entertaining pleasure in the unfruitful fancies and remem-

brances of uncleanness, although no definite desire or resolution be entertained.

2. *At no hand to entertain any desire*, or any phantastick, imaginative loves, though by shame, or disability, or other circumstance, they be restrained from act.

——Casso saltem delectamine amare quod potiri non licet. Poeta.
Patellas luxuriæ oculos, dixit Isidorus.
Ἀλγηδόνας ἀνθρώπων, aliusquidam.

3. *To have a chaste eye and a hand*; for it is all one with what part of the body we commit *adultery*: and if a man lets his eye loose, and enjoys the lust of that, he is an adulterer. *Look not upon a woman to lust after her.* And supposing all the other members restrained, yet if the eye be permitted to lust, the Man can no otherwise be called chast, than he can be called severe and mortified, that sits all day long seeing plays and revellings, and out of greediness to fill his eye, neglects his belly. There are some vessels which if you offer to lift by the belly or bottom, you cannot stir them, but are soon removed if you take them by the ears. It matters not with which of your members you are taken and carried off from your duty and severity.

Time videre unde possis cadere, & noli fieri perversâ simplicitate securus. S. Aug.

4. *To have a heart and mind chast and pure*; that is, detesting all uncleanness, disliking all its motions, past actions, circumstances, likenesses, discourses: and this ought to be the chastity of Virgins and Widows, of old persons and Eunuchs especially, and generally of all men, according to their several necessities.

5. *To discourse chastly and purely*; with great care declining all undecencies of language, chastening the tongue, and restraining it with grace, as vapours of wine are restrained with a bunch of myrrhe.

Sp. Minucius Pontifex Posthumium monuit, nè verbis vitæ castimoniam non æquantibus uteretur. Plut. de cap. ex inim. utilis.

6. *To disapprove by an after-act all involuntary and natural pollutions*: for if a Man delights in having suffered any natural pollution, and with pleasure remembers it, he chuses that which was in it self involuntary; and that which being natural was innocent, becoming voluntary is made sinful.

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7. They that have performed theſe duties and parts of Chaſtity, will certainly abſtain from all exterior actions of uncleanneſs, thoſe noon-day and mid-night Devils, thoſe lawleſs and ungodly worſhippings of ſhame and uncleanneſs, whoſe birth is in trouble, whoſe growth is in folly, and whoſe end is in ſhame.

But beſides theſe general acts of Chaſtity which are common to all ſtates of men and women, there are ſome few things proper to the ſeverals.

*Acts of Virginal Chaſtity.*

1. Virgins muſt remember that the *Virginity* of the body is only excellent in order to the *purity* of the *ſoul*; who therefore muſt *conſider* that ſince they are in ſome meaſure in a condition like that of Angels, it is their duty to ſpend much of their time in *Angelical* imployment: for in the ſame degree that Virgins live more ſpiritually than other perſons, in the ſame degree is their Virginity a more excellent ſtate. But elſe it is no better than that of involuntary or conſtrained *Eunuchs*, a miſery and a trouble, or elſe a meer privation, as much without excellency as without mixture.

2. Virgins muſt contend for a ſingular modeſty; whoſe firſt part muſt be an ignorance in the diſtinction of ſexes, or their proper inſtruments; or if they accidentally be inſtructed in that, it muſt be ſupplied with an inadvertency or neglect of all thoughts and remembrances of ſuch difference: and the following parts of it muſt be pious and chaſt thoughts, holy language, and modeſt carriage.

3. Virgins muſt be retired and unpublick: for all freedom and looſneſs of ſociety is a violence done to virginity, not in its natural, but in its moral capacity: that is, it loſes part of its ſeverity, ſtrictneſs and opportunity of advantages, by publiſhing that perſon, whoſe work is Religion, whoſe company is Angels, whoſe thoughts muſt dwell in Heaven, and ſeparate from all mixtures of the world.

4. Virgins have a peculiar obligation to charity: for this

this is the virginity of the Soul; as purity, integrity and separation is of the body: which doctrine we are taught by *S. Peter, Seeing you have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently.* For a Virgin that consecrates her body to God, and pollutes her spirit with rage, or impatience, or inordinate anger, gives him what he most hates, a most foul and defiled Soul.

1 Pet. 1. 22.

5. These Rules are necessary for Virgins, that offer that state to God, and mean not to enter into the state of marriage: for they that only wait the opportunity of a convenient change, are to steer themselves by the general Rules of Chastity.

*Rules for Widows, or vidual Chastity.*

For Widows, the sentinel of whose desires hath been opened by the former permissions of the marriage-bed, they must remember,

1. That God hath now restrained the former licence, bound up their eyes, and shut up their heart into a narrower compass, and hath given them sorrow to be a bridle to their desires. A Widow must be a mourner; and she that is not, cannot so well secure the chastity of her proper state.

2. It is against publick honesty to marry another man so long as she is with child by her former Husband: and of the same fame it is in a lesser proportion, to marry within the year of mourning: but anciently it was infamous for her to marry, till by common account the body was dissolved into its first principle of earth.

3. A Widow must restrain her memory and her fancy, not recalling or recounting her former permissions and freer licences with any present delight: for then she opens that sluce which her Husband's death and her own sorrow have shut up.

4. A Widow that desires her Widowhood should be a state pleasing to God, must spend her time as devoted Virgins should, in fastings, and prayers, and charity.

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5. A Widow must forbid her self to use those temporal solaces which in her former estate were innocent, but now are dangerous.

*Rules for married persons, or matrimonial Chastity.*

Concerning married persons, besides the keeping of their mutual faith and contract with each other, these particulars are useful to be observed.

Nisi fundamenta stirpis jacta sint probè, miseros necesse est esse deinceps posteros, Eurip.

1. Although their mutual endearments are safe within the protection of marriage, yet they that have Wives or Husbands, must be as though they had them not; that is, they must have an affection greater to each other than they have to any person in the world, but not greater than they have to God: but that they be ready to part with all interest in each others person rather than sin against God.

2. In their permissions and licence, they must be sure to observe the order of nature, and the ends of God. *He is an ill Husband that uses his Wife as a man treats a Harlot*, having no other end but pleasure. Concerning which our best rule is, that although in this, as in eating and drinking, there is an appetite to be satisfied, which cannot be done without pleasing that desire; yet since that desire and satisfaction was intended by Nature for other ends, they should never be separate from those ends, but always be joyned with all or one of these ends, *with a desire of children, or to avoid fornication, or to lighten and ease the cares, and sadnesses of houshold-affairs, or to endear each other*, but never with a purpose either in act or desire to separate the sensuality from these ends which hallow it. *Onan* did separate his act from its proper end, and so ordered his embraces that his Wife should not conceive, and God punished him.

Non debemus eodem amico uti & adulatore; nec eâdem uti uxore & scorto. Plut. conjug. præcept.

3. Married persons must keep such modesty and decency of treating each other, that they never force

Non refert est ab Herodoto dictum simul cum

tunica mulierem verecundiam exuere. Quæ n. casta est posità veste, verecundiam ejus loco induit, maximeque verecundiâ conjuges tesserâ maximi invicem amoris utuntur. Plut. conjug. præcept.

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themselves into high and violent lusts, with arts and misbecoming devices: always remembring that those mixtures are most innocent which are *most simple* and *most natural*, *most orderly* and *most safe*.

4. It is a duty of matrimonial chastity to be restrained and temperate in the use of their lawful pleasures: concerning which although no universal Rule can antecedently be given to all persons, any more than to all bodies one proportion of meat and drink; yet *married* persons are to estimate the degree of their licence according to the following proportions. * 1. That it be moderate, so as to consist with health. * 2. That it be so ordered as not to be too expensive of time, that precious opportunity of working out our salvation. * 3. That when duty is demanded it be always payed (so far as is in our powers and election) according to the foregoing measures. * 4. That it be with a temperate affection, without violent transporting desires, or too *sensual* applications. Concerning which a Man is to make judgment by proportion to other actions, and the *severities* of his religion, and the sentences of *sober* and wise persons; always remembring that marriage is a provision for supply of the natural necessities of the body, not for the artificial and procured appetites of the mind. And it is a sad truth, that many married persons thinking that the floud-gates of liberty are set wide open without measures or *restraints* (so they sail in that channel) have felt the final rewards of intemperance and lust, by their unlawful using of lawful permissions. Only let each of them be temperate, and both of them be modest. *Socrates* was wont to say, that those Women to whom Nature hath not been indulgent in good *features* and colours, should make it up themselves with excellent manners; and those who were beautiful and comely, should be careful that so fair a body be not polluted with unhandsome usages. To which *Plutarch* adds, that a Wife if she be unhandsome, should consider how extremely ugly she should be if she wanted modesty;

De Conjug. Præcept.

modesty: but if she be handsome, let her think how gracious that beauty would be if she superadds chastity.

5. Married persons by consent are to abstain from their mutual entertainments at solemn times of *devotion*; not as a duty of it self necessary, but as being the most proper act of purity which in their condition they can present to God, and being a good advantage for attending their preparation to the solemn duty and their demeanour in it. It is *S. Paul's* counsel, that *by consent for a time they should abstain, that they may give themselves to fasting and prayer.* And though when Christians did receive the holy Communion every day, it is certain they did not abstain, but had children: yet when the Communion was more seldom, they did with Religion abstain from the marriage-bed during the time of their solemn preparatory devotions, as anciently they did from eating and drinking till the solemnity of the day was past.

1 Cor. 7. 5.

Hæc etiam ex more Christianorum Tertul. suadens fœminis Christianis nè Paganis nubant, ait, Quis denique solennibus Paschæ abnoctantem securus sustinebit? *Tertul. ad uxor. 2. l.* Et ex more etiam Gentilium. *Plut. Sympos. 3. q. 6.* Nobis autem, si leges civitatis rectè colimus, cavendum est, nè ad templa & sacrificia accedamus, paulò antè re venerea usi. Itaque expedit nocte & somno interjecto, justóque intervallo adhibito, mundos rursum quasi de integro, & ad novum diem nova cogitantes (ut ait Democritus) surgere.

6. It were well if married persons would in their penitential prayers and in their general confessions suspect themselves, and accordingly ask a general pardon for all their undecencies and more *passionate* applications of themselves in the offices of marriage: that what is lawful and honourable in its kind may not be sullied with imperfect circumstances; or if it be, it may be made clean again by the interruption and recallings of such a repentance of which such uncertain parts of action are capable.

But because of all the dangers of a Christian none more pressing and troublesome than the *temptations* to lust, no enemy more dangerous than that of the flesh, no accounts greater than what we have to reckon for at the Audit of Concupiscence, therefore it concerns all that would be safe from this *death* to arm *themselves* by

by the following Rules to prevent, or to cure all the wounds of our fleſh made by the poiſoned arrows of Luſt.

*Remedies againſt Uncleanneſs.*

Contra libidinis impetum apprehende fugam, ſi vis obtinere victoriam. S. Aug.

1. When a temptation of luſt aſſaults thee, do not reſiſt it by heaping up *arguments* againſt it, and diſputing with it, conſidering its offers and its danger, but *flie from it*, that is, think not at all of it; lay aſide all conſideration concerning it, and turn away from it by any ſevere and laudable thought of buſineſs. Saint *Hierome* very wittily reproves the Gentile ſuperſtition, who pictured the Virgin-Deities armed with a ſhield and lance, as if Chaſtity could not be defended without War and direct contention. No; this enemy is to be treated otherwiſe. If you hear it ſpeak, though but to diſpute with it, it ruines you; and the very arguments you go about to anſwer, leave a reliſh upon the tongue. A Man may be burned if he goes near the fire, though but to quench his houſe; and by handling pitch, though but to draw it from your clothes, you defile your fingers.

Nella guerra d'amor chi fuge vince.

2. Avoid *idleneſs* and fill up all the ſpaces of thy time with ſevere and uſeful imployment: for luſt uſually creeps in at thoſe emptineſſes where the Soul is unimployed and the body is at eaſe. For no eaſie, healthful and idle perſon was ever chaſte, if he could be tempted. But of all imployments, *bodily labour* is moſt uſeful and of greateſt benefit for the driving away the Devil.

3. Give no entertainment to the *beginnings*, the *firſt motions* and ſecret whiſpers of the ſpirit of impurity. For if you totally ſuppreſs it, it dies: if you permit the fornace to breath its ſmoke and flame out at any vent, it will rage to the conſumption of the whole. This Cockatrice is ſooneſt cruſhed in the ſhell, but if it grows,

———Quiſquis in primo obſtitit
Repulitque amorem, tutus ac victor fuit:
Qui blandiendo dulce nutrivit malum,
Sero recuſat ferre quod ſubiit jugum.
Senec. Hippol.

grows, it turns to a ſerpent, and a Dragon, and a Devil.

4. *Corporal mortification* and hard uſages of our body hath by all ages of the Church been accounted a good inſtrument and of ſome profit againſt the ſpirit of fornication. A ſpare diet, and a thin courſe table, ſeldom refreſhment, frequent faſts, not violent and interrupted with returns to ordinary feeding, but conſtantly little, unpleaſant, of wholſome but ſparing nouriſhment: For by ſuch cutting off the proviſions of victual we ſhall weaken the ſtrengths of our *Enemy*. To which if we add lyings upon the ground, painful poſtures in prayer, reciting our devotions with our arms extended at full length, like *Moſes* praying againſt *Amalek*, or our bleſſed Saviour hanging upon his painful bed of ſorrows, the Croſs, and (if the luſt be upon us and ſharply tempting) by inflicting any ſmart to overthrow the ſtrongeſt paſſion by the moſt violent pain, we ſhall find great eaſe for the preſent, and the reſolution and apt *ſufferance* againſt the future danger. And this was S. *Paul*'s remedy, *I bring my body under*, he uſed ſome rudeneſſes towards it. But it was a great nobleneſs of Chaſtity which S. *Hierom* reports of a Son of the King of *Nicomedia*, who being tempted upon flowers and a perfumed bed with a ſoft violence, but yet tied down to the temptation, and ſolicited with circumſtances of *Aſian* Luxury by an impure Curteſan, left the eaſineſs of his poſture ſhould abuſe him, ſpit out his tongue into her face: to repreſent that no vertue hath coſt the Saints * ſo much as this of Chaſtity.

In vita S. Pauli.

* Benedictus in ſpinis ſe volutavit. S. Martinianus faciem & manus. S. Johannes cognomento Bonus, calamos acutos inter ungues & carnem digitorum intruſit. S. Theoctiſtus in ſilvis more ferarum vixit, nè inter Arabes polluneretur.

5. *Fly from all occaſions*, temptations, looſeneſſes of company, Balls and Revellings, undecent mixtures of wanton dancings, idle talk, private ſociety with ſtrange women, ſtarings upon a beauteous face, the company of women that are ſingers, amorous geſtures, gariſh and wanton dreſſings, feaſts and liberty, ban-

Τρίβολοι πλέκων ποθ' ὁδὸν ἐν τοῖς ῥόδοις ἐρᾷ, ἁβάτους εἰς ἃ οἶσιν, ἐν τοῖς πόροις καθέζεται, λαβεῖν ἢ ὑπῆλθεν αὐλῶνας τοὺς ἐσω μεσοῦν μὲν πάσι ροῖσι χαριζάζετο. Julian.

Venus roſam amat propter fabellam quam recitat. Libanius.

Venter mero æſtuans citò deſpumatur in libidines. S. Hieron.

Il fuoco che non mi ſcalda non voglio che mi ſcotti.

banquets and perfumes, Wine and ſtrong drinks, which are made to perſecute Chaſtity, ſome of theſe being the very Prologues to luſt, and the moſt innocent of them being but like condited or pickled Muſhromes, which if carefully corrected, and ſeldom taſted, may be harmleſs, but can never do good: Ever remembring that it is eaſier to die for chaſtity than to live with it; and the Hangman could not extort a conſent from ſome perſons, from whom a Lover would have intreated it. For the glory of chaſtity will eaſily overcome the rudeneſs of fear and violence; but eaſineſs and ſoftneſs and ſmooth temptations creep in, and like the Sun make a maiden lay by her veil and robe, which perſecution like the Northern wind made her hold faſt and clap cloſe about her.

6. He that will ſecure his chaſtity muſt *firſt cure his pride* and his rage. For oftentimes luſt is the puniſhment of a proud Man, to tame the vanity of his pride by the ſhame and affronts of unchaſtity: and the ſame intemperate heat that makes anger does inkindle luſt.

——numquid ego à te
Magno prognatam depoſco conſule——
Verbáque ſtolâ mea cum conferbuit ira? Horat. Serm. l. 1. Sat. 2.

7. If thou beeſt aſſaulted with an unclean Spirit, truſt not thy ſelf alone, but run forth into company, whoſe reverence and *modeſty* may ſuppreſs, or whoſe ſociety may divert thy thoughts: and a perpetual witneſs of thy converſation is of eſpecial uſe againſt this vice, which evaporates in the open air like Camphire, being impatient of light and witneſſes.

8. Uſe frequent and earneſt prayers to the King of Purities, the firſt of Virgins, the eternal God, who is of an eſſential purity, that he would be pleaſed to reprove and caſt out the unclean Spirit. For beſides the bleſſings

blessings of prayer by way of reward, it hath a natural virtue to restrain this vice: because a prayer against it is an unwillingness to act it; and so long as we heartily pray against it, our desires are secured, and then this Devil hath no power. This was Saint *Paul*'s other remedy: [*For this cause I besought the Lord thrice.*] And there is much reason and much advantage in the use of this instrument; because the main thing that in this affair is to be secured is a Man's mind. He that goes about to cure lust by *bodily exercises* alone (as S. *Paul*'s phrase is) or mortifications, shall find them sometimes instrumental to it, and incitations of sudden desires, but always insufficient and of *little profit*: but he that hath a chast mind shall find his body apt enough to take laws; and let it do its worst, it cannot make a sin, and in its greatest violence can but produce a little natural uneasiness, not so much trouble as a severe fasting-day, or a hard nights lodging upon boards. If a Man be hungry he must eat, and if he be thirsty he must drink in some convenient time, or else he dies: but if the body be rebellious, so the mind be chast, let it do its worst, if you resolve perfectly not to satisfie it, you can receive no great evil by it. Therefore the proper cure is by applications to the spirit, and securities of the mind, which can no way so well be secured as by frequent and fervent prayers, and sober resolutions, and severe discourses. Therefore,

M. ns impudicam facere, non corpus solet.

9. Hither bring in succour from consideration of the *Divine Presence*, and of his holy Angels, *meditation of Death*, and the passions of Christ upon the Cross, *imitation of his Purities*; and of the Virgin *Mary* his unspotted and holy Mother, and of such eminent *Saints* who in their Generations were burning and shining lights, unmingled with such uncleannesses which defile the Soul, and who now follow the Lamb whithersoever he goes.

10. These remedies are of universal efficacy in all cases extraordinary and violent, but in ordinary and common, the remedy which God hath provided, that is, *Honourable* * *marriage*, hath a natural efficacy, be-

* Danda est opera ut matrimonio devinciantur quod est tutissimum juventutis vinculum. *Plut. de educ. lib.*

sides a virtue by Divine blessing, to cure the inconveniencies which otherwise might afflict persons temperate and sober.

## SECT. IV.

### *Of Humility.*

HUmility is the great Ornament and Jewel of Christian Religion, that whereby it is distinguished from all the wisdom of the world; it not having been taught by the wise men of the Gentiles, but first put into a discipline, and made part of a Religion, by our Lord *Jesus* Christ, who propounded himself imitable by his Disciples so signally in nothing as in the twin-sisters of Meekness and Humility. *Learn of me, for I am meek and humble, and ye shall find rest unto your Souls.*

For all the World, all that we are, and all that we have, our bodies and our Souls, our actions and our sufferings, our conditions at home, our accidents abroad, our many sins and our seldom vertues, are as so many arguments to make our Souls dwell low in the deep valleys of Humility.

*Arguments against pride by way of consideration.*

1. *Our body* is weak and impure, sending out more uncleannesses from its several sinks than could be endured if they were not necessary and natural: and we are forced to pass that through our mouths, which as soon as we see upon the ground, we loath like rottenness and vomiting.

2. *Our strength* is inferiour to that of many Beasts, and our infirmities so many that we are forced to dress and tend Horses and Asses, that they may help our needs, and relieve our wants.

3. *Our beauty* is in colour inferiour to many flowers, and in proportion of parts it is no better than nothing; for even a Dog hath parts as well proportioned and fitted to his purposes, and the designs

signs of his nature, as we have: and when it is most florid and gay, three fits of an ague can change it into yellowness and leanness, and the hollowness and wrinkles of deformity.

4. *Our Learning* is then best when it teaches most humility: but to be proud of Learning is the greatest ignorance in the World. For our learning is so long in getting, and so very imperfect, that the greatest Clerk knows not the thousandth part of what he is ignorant; and knows so uncertainly what he seems to know, and knows no otherwise than a Fool or a Child, even what is told him or what he guesses at, that except those things which concern his duty, and which God hath revealed to him, which also every Woman knows as far is necessary, the most Learned Man hath nothing to be proud of, unless this be a sufficient argument to exalt him, that he uncertainly guesses at some more unnecessary thing than many others, who yet know all that concerns them, and mind other things more necessary for the needs of life and Commonwealths.

5. *He that is proud of riches is a fool.* For if he be exalted above his Neighbours because he hath more gold, how much inferiour is he to a gold Mine? how much is he to give place to a chain of Pearl, or a knot of Diamonds? for certainly that hath the greatest excellence from whence he derives all his gallantry and preeminence over his Neighbours.

6. If a Man be exalted by reason of any *excellence* in his Soul, he may please to remember that all Souls are equal; and their differing operations are because their instrument is in better tune, their body is more healthful, or better tempered: which is no more praise to him, than it is that he was born in *Italy*.

7. *He that is proud of his birth* is proud of the blessings of others, not of himself: for if his parents were more eminent in any circumstance than their Neighbours, he is to thank God, and to rejoyce in them; but still he may be a Fool, or unfortunate, or deformed; and when himself was born, it was indifferent to him whether his Father were a King or a Peasant,

for he knew not any thing, nor chose any thing: and most commonly it is true, that he that boasts of his Ancestors, who were the founders and raisers of a Noble Family, doth confess that he hath in himself a less vertue and a less honour, and therefore that he is degenerated.

8. Whatsoever other difference there is between thee and thy Neighbour, if it be bad, it is thine own, but thou hast no reason to boast of thy misery and shame: if it be good, thou hast received it from God, and then thou art more obliged to pay duty and tribute, use and principal to him: and it were a strange folly for a Man to be proud of being more in debt than another.

9. Remember what thou wert before thou wert begotten. Nothing. What wert thou in the first regions of thy dwelling, before thy birth? Uncleanness. What wert thou for many years after? Weakness. What in all thy life? A great sinner. What in all thy excellencies? A meer debtor to God, to thy Parents, to the earth, to all the creatures.* But we may if we please use the method of the Platonists, who reduce all the causes and arguments for humility which we can take from our selves, to these seven heads. 1. The spirit of a man is light and troublesome. 2. His body is brutish and sickly. 3. He is constant in his folly and error, and inconstant in his manners and good purposes. 4. His labours are vain, intricate and endless. 5. His fortune is changeable, but seldom pleasing, never perfect. 6. His wisdom comes not till he be ready to die, that is, till he be past using it. 7. His death is certain, always ready at the door, but never far off. * Upon these or the like meditations if we dwell or frequently retire to them, we shall see nothing more *reasonable* than to be *humble*, and nothing more *foolish* than to be *proud*.

Apulcius de Dæmon. Socratis.

*Acts or Offices of Humility.*

The grace of Humility is exercised by these following Rules,

1. Think

1. Think not thy ſelf better for any thing that happens to thee from without. For although thou mayeſt by gifts beſtowed upon thee be better than another, as one horſe is better than another, that is of more uſe to others; yet as thou art a man, thou haſt nothing to commend thee to thy ſelf but that only by which thou art a man, that is, by what thou chuſeſt and refuſeſt.

2. Humility conſiſts not in railing againſt thy ſelf, or wearing mean cloaths, or going ſoftly and ſubmiſſly: but in hearty and real evil or mean opinion of thy ſelf. Believe thy ſelf an unworthy perſon heartily, as thou believeſt thy ſelf to be hungry, or poor, or ſick, when thou art ſo.

3. Whatſoever evil thou ſayſt of thy ſelf, be content that others ſhould think to be true: and if thou calleſt thy ſelf *fool*, be not angry if another ſay ſo of thee. For if thou thinkeſt ſo truly, all Men in the world deſire other Men to be of their opinion; and he is an hypocrite that accuſes himſelf before *others*, with an intent not to be believed. But he that calls himſelf intemperate, fooliſh, luſtful, and is angry when his neighbors call him ſo, is both a falſe and a proud perſon.

4. Love to be concealed, and little eſteemed: be content to want praiſe, never being troubled when thou art ſlighted or undervalued; for thou canſt not undervalue thy ſelf, and if thou thinkeſt ſo meanly as there is reaſon, no contempt will ſeem unreaſonable, and therefore it will be very tolerable. Ama neſciri & pro nihilo reputari, *Gerſon.*

5. Never be aſhamed of thy birth, or thy parents, or thy * trade, or thy preſent imployment, for the *meanneſs* or poverty of any of them: and when there is an occaſion to ſpeak of them: ſuch an occaſion as would invite you to ſpeak of any thing that pleaſes you, omit it not; but ſpeak as readily and indifferently of thy meanneſs as of thy greatneſs. *Primiſlaus* the firſt King of *Bohemia* kept his country-ſhoes always by him, to remember from whence he was raiſed: And *Agathocles* by the furniture of his Table confeſſed, that from a Potter he was raiſed to be the King of *Sicily*. * In villan nobilitado non cognoſce parentado. * Chi del arte ſua ſe vergogna ſempre vive con vergogna.

6. Never ſpeak any thing *directly* tending to thy *praiſe*

or glory; that is, with a purpose to be commended, and for no other end. If other ends be mingled with thy honour, as if the glory of God, or charity, or necessity, or any thing of prudence be thy end, you are not tied to omit your discourse or your design that you may avoid praise, but pursue your end, though praise come along in the company. Only let not praise be the design.

7. When thou hast said or done any thing for which thou receivest praise or *estimation*, take it indifferently and return it to God; reflecting upon him as the *Giver* of the gift, or the Blesser of the action, or the Aid of the design: and give God thanks for making thee an instrument of his glory, or the benefit of others.

8. Secure a good name to thy self by living *vertuously* & humbly: but let this good name be nursed abroad, and never be brought home to look upon it: let others use it for their own advantage; let them speak of it if they please; but do not thou at all use it, but as an instrument to do God glory, and thy neighbour more advantage. Let thy face like *Moses*'s shine to others, but make no looking-glasses for thy self.

9. Take no content in praise when it is offered thee: but let thy rejoycing in God's gift be allayed with fear, lest this good bring thee to evil. Use the praise as you use your pleasure in eating and drinking: if it comes, make it do drudgery, let it serve other ends, and minister to necessities, and to caution, lest by pride you lose your just praise which you have deserved; or else by being praised unjustly, you receive shame into your self with God and wise men.

10. Use no stratagems and devices to get praise. Some use to enquire into the faults of their own actions or discourses on purpose to hear that it was well done or spoken, and without fault: others bring the matter into talk, or thrust themselves into company, and intimate and give occasion to be thought or spoke of. These men make a bait to perswade themselves to swallow the hook, till by drinking the waters of vanity they swell and burst.

11. Make no suppletories to thy self, when thou art dis-

τὴν οὖν ἡμῖν ὀβελίσκον κατασπὼν ἐπιπατοῦσι; ἤθελον ἵνα μὲ καὶ οἱ ἀπαντῶντες θαυμάζωσι, καὶ ἐπακολουθοῦντες ἐπικραυγάζωσιν ᾧ μεγάλου φιλοσόφου. Arrian. Epist. c. 21. l. 1.

disgraced or slighted, by pleasing thy self with supposing thou didst deserve praise, though they understood thee not, or enviously detracted from thee: neither do thou get to thy self a private theatre and flatterers, in whose vain noises and phantastick praises thou mayest keep up thine own good opinion of thy self.

Alter alteri satis amplum theatrum sumus; satis unus, satis nullus. Sen.

12. Entertain no fancies of vanity and private whispers of this Devil of pride: such as was that of *Nabuchodonozor*; *Is not this great Babylon which I have built for the honour of my name, and the might of my majesty, and the power of my kingdom?* Some phantastick spirits will walk alone, and dream waking of greatnesses, of palaces, of excellent orations, full theatres, loud applauses, sudden advancement, great fortunes, and so will spend an hour with imaginative pleasure; all their imployment being nothing but fumes of pride, and secret indefinite desires and significations of what their heart wishes. In this although there is nothing of its own nature directly vicious, yet it is either an ill mother or an ill daughter, an ill sign or an ill effect; and therefore at no hand consisting with the safety and interests of humility.

13. Suffer others to be praised in thy presence, and entertain their good and glory with delight; but at no hand disparage them, or lessen the report, or make an objection; and think not the advancement of thy brother is a lessening of thy worth. But this act is also to extend further.

14. Be content that he should be imployed, and thou laid by as unprofitable; his sentence approved, thine rejected; he be preferred, and thou fixed in a low imployment.

15. Never compare thy self with others, unless it be to advance them and to depress thy self. To which purpose we must be sure in some sense or other to think our selves the worst in every company where we come: one is more learned than I am, another is more *prudent*, a third *honourable*, a fourth more *chaste*, or he is more *charitable*, or less *proud*. For the humble man observes their good, and reflects only upon his

own vileneſs; or conſiders the many evils of himſelf certainly known to himſelf, and the ill of others but by uncertain report: or he conſiders that the evils done by another are out of much infirmity or ignorance, but his own ſins are againſt a clearer light; and if the other had ſo great helps, he would have done more good and leſs evil: or he remembers that his old ſins before his converſion were greater in the nature of the thing, or in certain circumſtances, than the ſins of other men. (So *S. Paul* reckoned himſelf the chiefeſt of ſinners, becauſe formerly he had acted the chiefeſt ſin of perſecuting the Church of God.) But this rule is to be uſed with this caution, That though it be good always to *think* meaneſt of our ſelves, yet it is not ever ſafe to *ſpeak* it, becauſe thoſe circumſtances and conſiderations which determine thy thoughts, are not known to others as to thy ſelf; and it may concern others, that they hear thee give God thanks for the graces he hath given thee. But if thou preſerveſt thy thoughts and opinions of thy ſelf truly humble, you may with more ſafety give God thanks in publick for that good which cannot, or ought not to be concealed.

16. Be not always ready to excuſe every overſight, or indiſcretion, or ill action: but if thou beeſt guilty of it, confeſs it plainly; for *vertue* ſcorns a lie for its cover: but to hide a ſin with it, is like a cruſt of leproſie drawn upon an ulcer. If thou beeſt not guilty, (unleſs it be *ſcandalous*) be not over-earneſt to remove it: but rather uſe it as an *argument* to chaſtiſe all greatneſs of fancy and opinion in thy ſelf; and accuſtom thy ſelf to bear reproof patiently and contentedly, and the *harſh* words of thy enemies, as knowing that the *anger* of an enemy is a better Monitor, & repreſents our faults or admoniſhes us of our duty with more heartineſs, than the kindneſs does or precious balms of a friend.

17. Give God thanks for every weakneſs, deformity and imperfection, & accept it as a favour and grace of God, and an inſtrument to reſiſt pride and nurſe humility; ever remembring that when God, by giving thee a crooked back, hath alſo made thy ſpirit

ſtoop

ſtoop or leſs vain, thou art more ready to enter the narrow gate of Heaven, than by being ſtraight, and ſtanding upright, and thinking highly. Thus the Apoſtles *rejoyced in their infirmities*, not moral, but natural and accidental, in their being beaten and whipt like ſlaves, in their nakedneſs and poverty.

18. Upbraid no Man's weakneſs to him to diſcomfort him, neither report it to diſparage him, neither delight to remember it to leſſen him, or to ſet thy ſelf above him. Be ſure never to praiſe thy ſelf, or to diſpraiſe any Man elſe, unleſs God's glory or ſome holy end do hallow it. And it was noted to the praiſe of *Cyrus*, that amongſt his equals in age he would never play at any ſport, or uſe any exerciſe in which he knew himſelf more excellent than they: but in ſuch in which he was unskilful he would make his challenges, leſt he ſhould ſhame them by his victory, and that himſelf might learn ſomething of their skill, and do them civilities.

Ama Pamico tuo consilio ſuo. In colloquiis pueri inviti aliis non ſient, ſi non omnino

In diſputationibus victoriam ſemper obtinere laborent. Non tantùm egregium eſt ſcire vincere, ſed etiam poſſe vinci pulchrum eſt, ubi victoria eſt damnoſa. *Plut. de educ. liber.*

19. Beſides the foregoing parts and actions, humility teaches us to ſubmit our ſelves and all our faculties to God, *To believe all things, to do all things, to ſuffer all things* which his will injoyns us: to be content in every eſtate or change, knowing we have deſerved worſe than the worſt we feel; and (as *Anytus* ſaid to *Alcibiades*) he hath taken but half, when he might have taken all: to adore his goodneſs, to fear his greatneſs, to worſhip his eternal and infinite excellencies, and to ſubmit our ſelves to all our ſuperiors in all things according to Godlineſs, and to be meek and gentle in our converſation towards others.

Nihil ita dignum eſt odio ut eorum mores qui compellantibus ſe difficiles præbent. *Plut.*

Now although according to the nature of every grace, this begins as a gift, and is increaſed like a habit, that is, beſt by its own acts; yet beſides the former acts and offices of humility, there are certain other exerciſes and conſiderations, which are good helps

helps and instruments for the procuring and increasing this grace, and the curing of pride.

*Means and exercises of obtaining and increasing the grace of Humility.*

1. Make confession of thy sins often to God; and consider what all that evil amounts to which you then charge upon your self. Look not upon them as scatter'd in the course of a long life: now, an intemperate anger, then too full a meal; now, idle talking, and another time, impatience: but unite them into one continued representation, and remember that he whose life seems fair by reason that his faults are scattered at large distances in the several parts of his life, yet if all his errors and follies were articled against him, the Man would seem vicious and miserable: and possibly this exercise, really applied upon thy spirit, may be useful.

2. Remember that we usually disparage others upon slight grounds and little instances; and towards them one flie is enough to spoil a whole box of ointment: and if a Man be highly commended, we think him sufficiently lessened, if we clap one sin or folly or infirmity into his account. Let us therefore be just to our selves, since we are so severe to others, and consider, that whatsoever good any one can think or say of us, we can tell him of hundreds of base and unworthy and foolish actions, any one of which were enough (we hope) to destroy anothers reputation: Therefore let so many be sufficient to destroy our over-high thoughts of our selves.

3. When our Neighbour is cried up by publick fame and popular noises, that we may disparage and lessen him, we cry out that the People is a Herd of unlearned and ignorant persons, ill judges, loud trumpets, but which never give certain sound: let us use the same art to humble our selves, and never take delight and pleasure in publick reports, and acclamations of assemblies, and please our selves with their

ἀχ ἔτοι εἰσὶ τὴν ὦν εἰωθὸς λέγειν ὅτι μαίνονται, τί οὖν ὑπὸ τῶν μαινομένων θέλεις θαυμάζεσθαι; Arrian.

their judgment, of whom in other like cases we affirm that they are mad.

4. We change our opinion of others by their kindness or unkindness towards us. If he be my Patron and bounteous, he is wise, he is noble, his faults are but warts, his vertues are mountainous: but if he proves unkind or rejects our importunate suit, then he is ill-natured, covetous, and his free meal is called gluttony: that which before we called *civility*, is now very *drunkenness*, and all he speaks is flat and dull, and ignorant as a swine. This indeed is unjust towards others, but a good instrument, if we turn the edge of it upon our selves. We use our selves ill, abusing our selves with false principles, cheating our selves with lies and pretences, stealing the choice and election from our wills, placing voluntary ignorance in our understandings, denying the desires of the Spirit, setting up a faction against every noble and just desire; the least of which because we should resent up to reviling the injurious person, it is but reason we should at least not flatter our selves with fond and too kind opinions.

5. Every day call to mind some one of thy foulest sins, or the most shameful of thy disgraces, or the indiscreetest of thy actions, or any thing that did then most trouble thee, and apply it to the present swelling of thy spirit and opinion, and it may help to allay it.

6. Pray often for his grace with all humility of gesture and passion of desire, and in thy devotion interpose many acts of humility by way of confession and address to God, and reflection upon thy self.

7. Avoid great Offices and imployments, and the noises of worldly honour. For in those states many times so many ceremonies and *circumstances* will seem necessary, as will destroy the sobriety of thy *thoughts*. If the number of thy servants be fewer, and their observances less, and their reverences less *solemn*, possibly they will seem less than thy dignity: and if they be so much and so many, it is likely they will be too big for thy spirit.* And here be thou very careful, lest thou

Fabis abstine, dixit Pythagoras. Olim magistratus per suffragia fabis lata creabantur. Plut.

be

be abuſed by a pretence that thou wouldſt uſe thy great dignity as an opportunity of doing great good. For ſuppoſing it might be good for others, yet it is not good for thee: they may have encouragement in noble things from thee, and by the ſame inſtrument thou mayeſt thy ſelf be tempted to pride and vanity. And certain it is, God is as much glorified by thy example of humility in a low or temperate condition, as by thy bounty in a great and dangerous.

8. Make no reflex acts upon thy own humility, nor upon any other grace with which God hath enriched thy ſoul. For ſince God oftentimes hides from his Saints and Servants the ſight of thoſe excellent things by which they ſhine to others (though the dark ſide of the Lantern be toward themſelves) that he may ſecure the grace of humility; it is good that thou do ſo thy ſelf: and if thou beholdeſt a grace of God in thee, remember to give him thanks for it, that thou mayeſt not boaſt in that which is none of thy own: and conſider how thou haſt ſullied it, by handling it with dirty fingers, with thy own imperfections, and with mixture of unhandſome circumſtances. Spiritual pride is very dangerous, not only by reaſon it ſpoils ſo many graces by which we drew nigh unto the Kingdom of God, but alſo becauſe it ſo frequently creeps upon the ſpirit of holy perſons. For it is no wonder for a Beggar to call himſelf poor, or a Drunkard to confeſs that he is no ſober perſon: but for a holy perſon to be humble, for one whom all Men eſteem a Saint, to fear leſt himſelf become a Devil, and to obſerve his own danger, and to diſcern his own infirmities, and make diſcovery of his bad adherencies, is as hard as for a Prince to ſubmit himſelf to be guided by Tutors, and make himſelf ſubject to diſcipline like the meaneſt of his ſervants.

9. Often meditate upon the effects of Pride on one ſide, and Humility on the other. Firſt, That Pride is like a Canker, and deſtroys the beauty of the faireſt flowers, the moſt excellent gifts and graces; but Humility crowns them all. Secondly, That Pride is a great

great hinderance to the perceiving the things of God; and Humility is an excellent preparative and instrument of ſpiritual wiſdom. Thirdly, That Pride hinders the acceptation of our prayers; but *Humility pierceth the clouds, and will not depart till the moſt High ſhall regard.* Fourthly, That Humility is but a ſpeaking truth, and all Pride is a lie. Fifthly, That Humility is the moſt certain way to real honour, and Pride is ever affronted or deſpiſed. Sixthly, That Pride turned *Lucifer* into a Devil, and Humility exalted the Son of God above every Name, and placed him eternally at the right hand of his Father. Seventhly, that *God reſiſteth the proud*, profeſſing open defiance and hoſtility againſt ſuch perſons; but *giveth grace to the humble*: * Grace and pardon, * remedy and relief againſt miſery and oppreſſion, * content in all conditions, * tranquillity of ſpirit, * patience in afflictions, * love abroad, * peace at home, * and utter freedom from contention, and * the ſin of cenſuring others, * and the trouble of being cenſured themſelves. For the humble Man will not *judge his brother* for *the mote in his eye*, being more troubled at *the beam in his own eye*; and is patient and glad to be reproved, becauſe himſelf hath caſt the firſt ſtone at himſelf, and therefore wonders not that others are of his mind.

Mat. 11.25. Jam. 4. 6.

10. Remember that the bleſſed Saviour of the world hath done more to preſcribe, and tranſmit and ſecure *this grace* than any other; his whole life being a great continued example of humility, a vaſt deſcent from the glorious boſome of his Father to the womb of a poor maiden, to the form of a ſervant, to the miſeries of a ſinner, to a life of labour, to a ſtate of poverty, to a death of malefactors, to the grave of death, and the intolerable calamities which we deſerved: and it were a good deſign, and yet but reaſonable, that we ſhould be as humble in the midſt of our greateſt imperfections and baſeſt ſins, as Chriſt was in the midſt of his fulneſs of the Spirit, great wiſdom, perfect life, and moſt admirable vertues.

John 13. 13.

11. Drive away all flatterers from thy company, and

and at no hand endure them; for he that endures himself so to be abused by another, is not only a fool for entertaining the mockery, but loves to have his own opinion of himself to be heightned and cherished.

12. Never change thy imployment for the sudden coming of another to thee: But if modesty permits or discretion, appear to him that visits thee the same that thou wert to God and thy self in thy privacy. But if thou wert walking or sleeping, or in any other innocent imployment or retirement, snatch not up a book to seem studious, nor fall on thy knees to seem devout, nor alter any thing to make him believe thee better imployed than thou wert.

13. To the same purpose it is of great use that he who would preserve his humility, should chuse some spiritual person to whom he shall oblige himself to discover his very thoughts and fancies, every act of his and all his entercourse with others in which there may be danger; that by such an openness of spirit he may expose every blast of vain-glory, every idle thought, to be chastened and lessened by the rod of spiritual discipline: and he that shall find himself tied to confess every proud thought, every vanity of his spirit, will also perceive they must not dwell with him, nor find any kindness from him: and besides this, the nature of pride is so shameful and unhandsome, that the very discovery of it is a huge mortification and means of suppressing it. A man would be ashamed to be told that he enquires after the faults of his last Oration or action on purpose to be commended: and therefore when the man shall tell his spiritual Guide the same shameful story of himself, it is very likely he will be humbled, and heartily ashamed of it.

14. Let every Man suppose what opinion he should have of one that should spend his time in playing with drum-sticks and cockle-shells, and that should wrangle all day long with a little boy for pins, or should study hard and labour to couzen a child of his gauds; and who would run into a river deep and dan-

dangerous with a great burthen upon his back, even then when he were told of the danger, and earnestly importuned not to do it? and let him but change the Instances and the person, and he shall find that he hath the same reason to think as bad of himself, who pursues trifles with earnestness, spending his time in vanity, and his *labor for that which profits not*; who knowing the laws of God, the rewards of vertue, the curſed consequents of sin, that it is an evil spirit that tempts him to it, a Devil, one that hates him, that longs extreamly to ruine him, that it his own destruction that he is then working, that the pleasures of his sin are base and brutish, unsatisfying in the enjoyment, soon over, shameful in their story, bitter in the memory, painful in the effect here, and intolerable hereafter, and for ever: yet in despite of all this, he runs foolishly into his sin and his ruine, merely because he is a fool, and winks hard, and rushes violently like a horse into the battel, or like a madman to his death. He that can think great and good things of such a person, the next step may court the rack for an instrument of pleasure, and admire a swine for wisdom, and go for counsel to the prodigal and trifling grashopper.

After the use of these and such like instruments and considerations, if you would try how your soul is grown, you shall know that humility, like the root of a goodly tree, is thrust very far into the ground, by these goodly fruits which appear above ground.

### *Signs of Humility.*

1. The humble Man trusts not to his own *discretion*, but in matters of concernment relies rather upon the judgment of his friends, counsellers, or spiritual guides. 2. He does not pertinaciously pursue the *choice* of his own will, but in *all things* lets God chuse for him, and his Superiors in those things which concern them. 3. He does not murmur against commands. 4. He is not inquisitive into the reasonableness of *indifferent and innocent* commands, but believes their command

Assai comanda chi ubbidisce al saggio.

command to be reason enough in such cases to exact his obedience. 5. He lives according to a rule, and with compliance to publick customs, without any affectation or singularity. 6. He is meek and indifferent in all accidents and chances. 7. He patiently bears injuries. 8. He is always unsatisfyed in his own conduct, resolutions and counsels. 9. He is a great lover of good men, and a praiser of wise men, and a censurer of no man. 10. He is modest in his speech, and reserved in his laughter. 11. He fears when he hears himself commended, lest God make another judgment concerning his actions than Men do. 12. He gives no pert or saucy answers when he is reproved, whether justly or unjustly. 13. He loves to sit down in private, and if he may he refuses the temptation of offices and new honours. 14. He is ingenuous, free and open in his actions and discourses. 15. He mends his fault, and gives thanks when he is admonished. 16. He is ready to do good offices to the murtherers of his fame, to his slanderers, backbiters and detractors, as Christ washed the feet of *Judas*. 17. And is contented to be suspected of indiscretion, so before God he may be really innocent, and not offensive to his neighbour, nor wanting to his just and prudent interest.

Verum humilem patientia offendit. *S. Hier.*

## SECT. V.

### *Of Modesty.*

*Modesty* is the appendage of Sobriety, and is to Chastity, to Temperance and to Humility as the fringes are to a garment. It is a grace of God that moderates the over-activeness and curiosity of the mind, and orders the passions of the body, and external actions, and is directly opposed to *Curiosity*, to *Boldness*, to *Undecency*. The practice of Modesty consists in these following Rules.

*Acts*

*Acts and duties of Modesty as it is opposed to Curiosity.* Εὐσχημοσύνη.

1. Inquire not into the secrets of God, but be content to learn thy duty according to the quality of thy person or imployment: that is plainly, if thou beest not concerned in the conduct of others; but if thou beest a Teacher, learn it so, as may best inable thee to discharge thy office. God's Commandments were proclaimed to all the world, but God's counsels are to himself and to his secret ones, when they are admitted within the veil. Ecclus. 3. 21, 22, 23. Qui scrutator est Majestatis opprimetur à gloria. Prov. 25.

2. Inquire not into the things which are too hard for thee, but learn modestly to know thy infirmities and abilities; and raise not thy mind up to inquire into mysteries of State, or the secrets of government, or difficulties Theological, if thy imployment really be, or thy understanding be judged to be, of a lower rank. Αὕτη ἀρχὴ τῶν φιλοσοφεῖν, αἴσθησις τῶν ἰδίων ἀγνωμονικῶν, πῶς ἔχει.

μετὰ γὰρ τὸ γνῶναι ὅτι ἀσθενῶς, οὐκ ἔστι θελήσει χρῆσθαι αὐτῷ πρὸς τὰ μέγιστα.

*Arrian. lib. 1. cap. 26.*

Et plus sapere interdum vulgus, quod quantum opus est sapiat. *Lactan.*

3. Let us not enquire into the affairs of others that concern us not, but be busied within our selves and our own spheres; ever remembring that to prie into the actions or interests of other men not under our charge may minister to pride, to tyranny, to uncharitableness, to trouble, but can never consist with modesty, unless where duty or the meer intentions of charity and relation do warrant it.

4. Never listen at the doors or windows: for besides that it contains in it danger and a snare, it is also an invading my neighbour's privacy, and a laying that open which he therefore inclosed that it might not be open. Never ask what he carries covered so curiously; for it is enough that it is covered curiously. Hither also is reducible, that we never open letters without publick authority, or reasonably presumed leave, or great necessity, or charity. Ecclus. 7. 21. Ne occhi in lettera, ne mano in tasca, ne orecchi in secreti altrui.

Every man hath in his own life sins enough, in his

own mind trouble enough, in his own fortune evils enough, and in performance of his offices failings more then enough to entertain his own inquiry: so that curiosity after the affairs of others cannot be without envy and an evil mind. What is it to me if my Neighbour's Grandfather were a *Syrian* or his Grandmother illegitimate, or that another is indebted five thousand pounds, or whether his wife be expensive? But commonly curious persons or (as the Apostle's phrase is) *busie-bodies* are not solicitous or inquisitive into the beauty and order of a well-governed family, or after the vertues of an excellent person; but if there be any thing for which men keep locks and bars and porters, things that blush to see the light, and either are shamefull in manners, or private in nature, these things are their care and their business. * But if great things will satisfie our inquiry, the course of the Sun and Moon, the spots in their faces, the Firmament of Heaven and the supposed Orbs, the ebbing and flowing of the Sea, are work enough for us: or if this be not, let him tell me whether the number of the Stars be even or odd, and when they began to be so; since some ages have discovered new stars which the former knew not, but might have seen if they had been where now they are fixed. * If these be too troublesome, search lower, and tell me why this turf this year brings forth a Daisie, and the next year a Plantane; why the Apple bears his seed in his heart, and Wheat bears it in his head: let him tell why a graft taking nourishment from a crab-stock shall have a fruit more noble then its nurse and parent: let him say why the best of oil is at the top, the best of wine in the middle, and the best of hony at the bottom, otherwise then it is in some liquors that are thinner, and in some that are thicker. But these things are not such as please busie-bodies; they must feed upon Tragedies, and stories of misfortunes, and crimes: and yet tell them ancient stories of the ravishment of chast maidens, or the debauchment of nations, or the extreme poverty of learned persons, or the persecutions of the old Saints, or the changes

of

of government, and ſad accidents happening in Royal families amongſt the *Arſacidæ*, the *Cæſars*, the *Ptolemies*, theſe were enough to ſcratch the itch of knowing ſad ſtories: but unleſs you tell them ſomething *ſad and new*, ſomething that is done within the bounds of their own knowledge or relation, it ſeems tedious and unſatisfying; which ſhews plainly it is an evil ſpirit: envy and idleneſs married together, and begot curioſity. Therefore *Plutarch* rarely well compares curious and inquiſitive ears to the execrable gates of cities, out of which onely Malefactors and Hangmen and Tragedies paſs, nothing that is chaſt or holy. * If a Phyſician ſhould go from houſe to houſe unſent for, and inquire what woman hath a cancer in her bowels, or what man a fiſtula in his colick-gut, though he could pretend to cure it, he would be almoſt as unwelcome as the diſeaſe it ſelf: and therefore it is inhumane to inquire after crimes and diſaſters without pretence of amending them, but onely to diſcover them. We are not angry with Searchers and Publicans when they look only on publick merchandiſe; but when they break open trunks, and pierce veſſels, and unrip packs, and open ſealed letters.

Curioſity is the direct incontinency of the ſpirit; and adultery it ſelf in its principle is many times nothing but a curious inquiſition after, and envying of another mans incloſed pleaſures: and there have been many who refuſed fairer *objects* that they might *raviſh* an incloſed woman from her retirement and ſingle poſſeſſour. But theſe inquiſitions are ſeldom without danger, never without baſeneſs; they are neither juſt, nor honeſt, nor delightfull, and very often uſeleſs to the curious inquirer. For men ſtand upon their guards againſt them, as they ſecure their meat againſt *Harpyes* and Cats, laying all their counſels and ſecrets out of their way; or as men clap their garments cloſe about them when the ſearching and ſaucy winds would diſcover their nakedneſs: as knowing that what men willingly hear, they do willingly ſpeak of. Knock therefore at the door before you enter upon your

neighbour's privacy; and remember that there is no difference between entring into his house, and looking into it.

Αἰσχύνη.

*Acts of Modesty as it is opposed to Boldness.*

1. Let us always bear about us such impressions of reverence and fear of God as to tremble at his voice, to express our apprehensions of his greatness in all great accidents, in popular judgments, loud thunders, tempests, earthquakes; not only for fear of being smitten our selves, or that we are concerned in the accident, but also that we may humble our selves before his Almightiness, and express that infinite distance between his infiniteness and our weaknesses, at such times especially when he gives such visible arguments of it. He that is merry and airy at shore, when he sees a sad and a loud tempest on the sea, or dances briskly when God thunders from Heaven, regards not when God speaks to all the world, but is possessed with a firm immodesty.

2. Be reverent, modest and reserved in the presence of thy betters, giving to all according to their quality their titles of honour, keeping distance, speaking little, answering pertinently, not interposing without leave or reason, not answering to a question propounded to another; and ever present to thy superiors the fairest side of thy discourse, of thy temper, of thy ceremony, as being ashamed to serve excellent persons with unhandsome entercourse.

3. Never lie before a King, or a great person, nor stand in a lie when thou art accused, nor offer to justifie what is indeed a fault; but modestly be ashamed of it, ask pardon, and make amends.

Quem Deus tegit verecundiæ pallio, hujus maculas hominibus non ostendit. *Maimon. Can. Eth.*

Πρῶτον ἀγαθῶν ἀναμαρτητον, δεύτερον δ' αἰσχύναι. *Meliss.*

Obstare primum est velle nec labi viâ;
Pudor est secundus nosse peccandi modum. *Senec. Hip.*

A Chione saltem vel ab Helide disce pudorem.
Abscondunt spurcas hæc monumenta lupas. *Mart. l. 1. Epig. 35.*

4. Never boast of thy sin, but at least lay a veil upon thy nakedness and shame, and put thy hand before thine eyes, that thou

thou mayeſt have this beginning of repentance, to believe thy ſin to be thy ſhame. For he that bluſhes not at his crime, but adds ſhameleſneſs to his ſhame, hath no inſtrument left to reſtore him to the hopes of vertue.

5. Be not confident and affirmative in an uncertain matter, but report things modeſtly and temperately, according to the degree of that perſwaſion which is or ought to be begotten in thee by the efficacy of the authority, or the reaſon inducing thee.

6. Pretend not to more knowledge then thou haſt, but be content to ſeem ignorant where thou art, left thou beeſt either brought to ſhame, or retireſt into ſhameleſneſs. Eccluſ. 3. 25.

*Acts of Modeſty as it is oppoſed to Undecencie.* Κοσμιότης, σύνεξις or εὐρίθμια

1. In your prayers in Churches and places of Religion uſe reverent poſtures, great attention, grave ceremony, the loweſt geſtures of humility, remembring that we ſpeak to God, in our reverence to whom we cannot poſſibly exceed; but that the expreſſion of this reverence be according to law or cuſtome, and the example of the moſt prudent and pious perſons: that is, let it be the beſt in its kind to the beſt of eſſences.

2. In all publick meetings, private addreſſes, in diſcourſes, in journeys, uſe thoſe forms of ſalutation, reverence and decency, which the cuſtom preſcribes, & is uſual amongſt the moſt ſober perſons; giving honour to whom honour belongeth, taking place of none of thy betters, and in all caſes of queſtion concerning civil precedency giving it to any one that will take it, if it be only thy own right that is in queſtion.

3. Obſerve the proportion of affections in all meetings and to all perſons: be not merry at a funeral, nor ſad upon a feſtival; but *rejoyce with them that rejoyce, and weep with them that weep.*

4. Abſtain from wanton and diſſolute laughter, petulant and uncomely jeſts, loud talking, jearing, and all ſuch actions which in civil account are called undecencies and incivilities.

5. Towards your Parents use all modesty of duty and humble carriage; towards them and all your kindred be severe in the modesties of chastity; ever fearing lest the freedoms of natural *kindness* should enlarge into any neighbourhood of unhandsomeness. For all incestuous mixtures, and all circumstances and degrees towards it, are the highest violations of modesty in the world: for therefore Incest is grown to be so high a crime, especially in the last periods of the world, because it breaks that reverence which the consent of all nations and the severity of humane laws hath injoyned towards our Parents and nearest kindred, in imitation of that law which God gave to the Jews in prosecution of Modesty in this instance.

Phil. 4. 8. 6. Be a curious observer of all those things which are of good report, and are parts of publick honesty. For publick fame, and the sentence of prudent and publick persons, is the measure of good and evil in things indifferent: and charity requires us to comply with those fancies and affections which are agreeable to nature, or the analogy of vertue, or publick laws, to old customs. It is against Modesty for a woman to marry a second Husband as long as she bears a *burthen* by the first, or to admit a second love while her funeral tears are not wiped from her cheeks. It is against publick honesty to do some lawfull actions of privacy in publick theatres, and therefore in such cases retirement is a duty of modesty.

Et meretrix abigit testem velóque reláque: Raráque, si memini, fornice rima patet. *Mart.*

7. Be grave, decent and modest in thy clothing and ornament: never let it be above thy condition, nor always equal to it, never light or amorous, discovering a nakedness through a thin veil, which thou pretendest to hide, never to lay a snare for a Soul; but remember what becomes a Christian, professing holiness, chastity, and the discipline of the holy *Jesus*: and the first effect of this let your servants feel by your gentleness and aptness to be pleased with their usual diligence, and ordinary *conduct*. For the man or

Tuta sit ornatrix: odi quæ sauciat ora
Unguibus, & raptâ brachia figit acu.
Devovet, & tangit Dominæ caput illa, simúlq;
Plorat ad invisas sanguinolenta comas. *Ovid.*

or woman that is dressed with anger and impatience wears pride under their robes, and immodesty above.

8. Hither also is to be reduced singular and affected walking, proud, nice and ridiculous gestures of body, painting and lascivious dressings: all which together God reproves by the Prophet, *The Lord saith, Because the daughters of Sion are haughty, and walk with stretched-forth necks and wanton eyes, walking and mincing as they go, and make a tinkling with their feet, Therefore the Lord will smite her with a scab of the crown of the head, and will take away the bravery of their tinkling ornaments.* And this duty of modesty in this instance is expressly injoyned to all Christian women by S. *Paul, That women adorn themselves in modest apparel with shamefac'dness and sobriety, not with broidered hair, or gold, or pearl, or costly array, but (which becometh women professing godliness) with good works.* Isa. 3. 16, 17, 18. 1 Tim. 2. 9.

9. As those meats are to be avoided which tempt our stomachs beyond our hunger; so also should prudent persons decline all such spectacles, relations, Theatres, loud noises and out-cries which concern us not, and are besides our natural or moral interest. Our senses should not like petulant and wanton Girls wander into Markets and Theatres without just imployment; but when they are sent abroad by Reason, return quickly with their errand, and remain modestly at home under their guide, till they be sent again. Oedipum curiositas in extremas conjecit calamitates. *Plut.*

10. Let all persons be curious in observing Modesty towards themselves in the handsome treating their own body, and such as are in their power, whether living or dead. Against this rule they offend who expose to others their own, or pry into others nakedness beyond the limits of necessity, or where a leave is not made holy by a permission from God. It is also said that God was pleased to work a miracle about the body of *Epiphanius*, to reprove the immodest curiosity of an unconcerned person, who pried too near when charitable people were composing it to the grave. In all these cases and particulars, although they seem little, yet our duty and concern-

ment is not little. Concerning which I uſe the words of the ſon of *Sirach*, *He that deſpiſeth little things ſhall periſh by little and little.*

## SECT. VI.

### *Of Contentedneſs in all eſtates and accidents.*

VErtues and Diſcourſes are like friends neceſſary in all fortunes; but thoſe are the beſt which are Friends in our ſadneſſes, & ſupport us in our ſorrows and ſad accidents: & in this ſenſe, no man that is vertuous can be friendleſs; nor hath any man reaſon to complain of the Divine Providence, or accuſe the publick diſorder of things, or his own infelicity, ſince God hath appointed one remedy for all the evils in the World, and that is a contented ſpirit: For this alone makes a man paſs through fire, and not be ſcorched; through Seas, and not be drowned; through hunger and nakedneſs, and want nothing. For ſince all the evil in the world conſiſts in the diſagreeing between the object & the appetite, as when a man hath what he deſires not, or deſires what he hath not, or deſires amiſs; he that compoſes his ſpirit to the preſent accident hath variety of inſtances for his vertue, but none to trouble him, becauſe his deſires enlarge not beyond his preſent fortune: and a wiſe man is placed in the variety of chances, like the Nave or Centre of a wheel in the midſt of all the circumvolutions and changes of poſture, without violence or change, ſave that it turns gently in compliance with its changed parts, and is indifferent which part is up and which is down; for there is ſome vertue or other to be exerciſed whatever happens, either patience or thankſgiving, love or fear, moderation or humility, charity or contentedneſs, & they are every one of them equally in order to his great end and immortal felicity; and beauty is not made by white or red, by black eyes and a round face, by a ſtraight body & a ſmooth skin; but by a proportion to the fancy. No rules can make amability, our minds and apprehenſions make that; and ſo is our felicity: and we may be reconciled to poverty

verty and a low fortune, if we ſuffer contentedneſs and the grace of God to make the proportion. For no Man is poor that does not think himſelf ſo: But if in a full fortune with impatience he deſires more, he proclaims his wants and his beggarly condition. But becauſe this grace of Contentedneſs was the ſum of all the old moral Philoſophy, and a great duty in Chriſtianity, and of moſt univerſal uſe in the whole courſe of our lives, and the only inſtrument to eaſe the burthens of the world and the enmities of ſad chances, it will not be amiſs to preſs it by the proper arguments by which God hath bound it upon our ſpirits, it being faſtened by Reaſon and Religion, by duty and intereſt, by neceſſity and conveniency, by example, and by the propoſition of excellent rewards, no leſs then peace and felicity.

Non facta tibi eſt, ſi diſſimules, injuria.

1. Contentedneſs in all eſtates is a duty of Religion; it is the great reaſonableneſs of complying with the *Divine Providence* which governs all the World, and hath ſo ordered us in the adminiſtration of his great Family. He were a ſtrange fool that ſhould be angry becauſe Dogs and Sheep need no ſhoes, and yet himſelf is full of care to get ſome. God hath ſupplied thoſe needs to them by natural proviſions, and to thee by an artificial: for he hath given thee reaſon to learn a trade, or ſome means to make or buy them, ſo that it only differs in the manner of our proviſion: and which had you rather want, ſhoes or Reaſon? And my patron that hath given me a Farm is freer to me then if he gives a loaf ready baked. But however all theſe gifts come from him, and therefore it is fit he ſhould diſpenſe them as he pleaſes; and if we murmur here, we may at the next melancholy be troubled that God did not make us to be Angels or Stars. For if that which we are or have do not content us, we may be troubled for every thing in the world, which is beſides our being or our poſſeſſions.

God is the Maſter of the Scenes, we muſt not chuſe which part we ſhall act; it concerns us only to be careful that we do it well, always ſaying, *If this pleaſe God, let it be ſo as it is*: and we who pray that God's

ὁ θεὸς θέλει, οὕτω γινέσθω.

will

will may be done in Earth as it is in Heaven, muſt remember that the Angels do whatſoever is commanded them, and go whereever they are ſent, and refuſe no circumſtances; and if their imployment be croſſed by a higher degree, they ſit down in peace, and rejoyce in the event: and when the Angel of *Judæa* could not prevail in behalf of the people committed to his charge, becauſe the Angel of *Perſia* oppoſed it, he only told the ſtory at the command of God, and was as content, and worſhipped with as great an ecſtaſie in his proportion, as the prevailing Spirit. Do thou ſo likewiſe: keep the ſtation where God hath placed you, and you ſhall never long for things without, but ſit at home feaſting upon the *Divine Providence* and thy own *reaſon*, by which we are taught that it is neceſſary and reaſonable to ſubmit to God.

Dan. 10. 13.

For, is not all the world God's family? Are not we his creatures? Are we not as clay in the hand of the Potter? Do we not live upon his meat, and move by his ſtrength, and do our work by his light? Are we any thing but what we are from him? And ſhall there be a mutiny among the flocks and herds, becauſe their Lord or their Shepherd chuſes their paſtures, and ſuffers them not to wander into Deſarts and unknown ways? If we chuſe, we do it ſo fooliſhly that we cannot like it long, and moſt commonly not at all: but God, who can do what he pleaſe, is wiſe to chuſe ſafely for us, affectionate to comply with our needs, and powerful to execute all his wiſe decrees. Here therefore is the wiſedom of the contented man, to let God chuſe for him: for when we have given up our wills to him, and ſtand in that ſtation of the battel where our great General hath placed us, our ſpirits muſt needs reſt, while our conditions have for their ſecurity the power, the wiſedom, and the charity of God.

2. Contentedneſs in all accidents brings great peace of ſpirit, and is the great and only inſtrument of temporal felicity. It removes the ſting from the accident, and makes a man not to depend upon chance and the uncertain diſpoſitions of Men for his well-being, but only

only on God and his own Spirit. We our selves make our fortunes good or bad; and when God lets loose a Tyrant upon us, or a sickness, or scorn, or a lessened fortune, if we fear to die, or know not to be patient, or are proud, or covetous, then the calamity sits heavy on us. But if we know how to manage a noble principle, and fear not Death so much as a dishonest action, and think impatience a worse evil then a Fever, and Pride to be the biggest disgrace, and Poverty to be infinitely desirable before the torments of Covetousness; then we who now think vice to be so easie, and make it so familiar, and think the cure so impossible, shall quickly be of another mind, and reckon these accidents amongst things eligible.

ὁ θεὸς τέθεικε, καὶ φησὶν, εἴ τι ἀγαθὸν θέλεις, παρὰ σεαυτοῦ λάβε. Arrian. Ep.

But no man can be happy that hath great hopes and great fears of things without, and events depending upon other Men, or upon the chances of Fortune. The rewards of vertue are certain, and our provisions for our natural support are certain, or if we want meat till we die, then we die of that disease, and there are many worse then to die with an *atrophy* or Consumption, or unapt and courser nourishment. But he that suffers a transporting passion concerning things within the power of others, is free from sorrow & amazement no longer then his enemy shall give him leave; and it is ten to one but he shall be smitten then and there where it shall most trouble him: for so the Adder teaches us where to strike, by her curious and fearful defending of her head. The old *Stoicks* when you told them of a sad story, would still answer τί πρὸς μέ; *What is that to me?* Yes, for the Tyrant hath sentenced you also to prison. Well, what is that? He will put a chain upon my leg, but he cannot bind my soul. No: but he will kill you. Then I'll die. If presently, let me go, that I may presently be freer then himself: but if not till anon or to morrow, I will dine first, or sleep, or do what reason and nature calls for, as at other times. This in Gentile Philosophy is the same with the discourse of S. *Paul, I have learned in whatsoever state I am therewith to be content.*

Phil. 4. 11, 12. 1 Tim. 6. 6. Heb. 13. 5.

*I know*

*I know both how to be abased, and I know how to abound: every-where and in all things I am instructed, both how to be full and to be hungry, both to abound and suffer need.*

Chi bene mal non puo suffrir, a grand honor non puo venir.

We are in the world like men playing at Tables, the chance is not in our power, but to play it is; and when it is fallen we must manage it as we can; and let nothing trouble us, but when we do a base action, or speak like a fool, or think wickedly: These things God hath put into our powers; but concerning those things which are wholly in the choice of another, they cannot fall under our deliberation, and therefore neither are they fit for our passions. My fear may make me miserable, but it cannot prevent what another hath in his power and purpose: and prosperities can only be enjoyed by them who fear not at all to lose them, since the amazement and passion concerning the future takes off all the pleasure of the present possession. Therefore if thou hast lost thy land, do not also lose thy constancy: and if thou must die a little sooner, yet do not die impatiently. For no chance is evil to him that is content, and *to a man nothing miserable, unless it be unreasonable.* No man can make another man to be his slave, unless he hath first enslaved himself to life and death, to pleasure or pain, to hope or fear: command these passions, and you are freer then the *Parthian* Kings.

Πᾶν τὸ ἔλεγον φορητόν.

*Instruments or Exercises to procure Contentedness.*

Upon the strength of these premisses we may reduce this vertue to practice by its proper instruments first, and then by some more special considerations or arguments of content.

1. When any thing happens to our displeasure, let us endeavour to take off its trouble by turning it into spiritual or artificial advantage, and handle it on that side in which it may be useful to the designs of Reason. For there is nothing but hath a double handle, or at least we have two hands to apprehend it.

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When an enemy reproaches us, let us look on him as an impartial relator of our faults, for he will tell thee truer then thy fondeſt friend will; and thou mayeſt call them *precious balms* though *they break thy head*, and forgive his anger while thou makeſt uſe of the plainneſs of his declamation, *The Ox when he is weary treads ſureſt*: and if there be nothing elſe in the diſgrace but that it makes us to walk warily, and tread ſure for fear of our enemies, that is better then to be flattered into pride and careleſneſs. This is the charity of Chriſtian Philoſophy, which expounds the ſenſe of the Divine providence fairly, and reconciles us to it by a charitable conſtruction: and we may as well refuſe all phyſick, if we conſider it only as unpleaſant in the taſte; and we may find fault with the rich valleys of *Thaſus*, becauſe they are circled by ſharp mountains: but ſo alſo we may be in charity with every unpleaſant accident, becauſe though it taſte bitter, it is intended for health and medicine.

If therefore thou falleſt from thy imployment in publick, take ſanctuary in an honeſt retirement, being indifferent to thy gain abroad, or thy ſafety at home. If thou art out of favour with thy Prince, ſecure the favour of the *King of Kings*, and then there is no harm come to thee. And when *Zeno Citienſis* loſt all his goods in a ſtorm, he retired to the ſtudies of Philoſophy, to his ſhort cloak, and a ſevere life, and gave thanks to fortune for his proſperous miſchance. When the North-wind blows hard and it rains ſadly, none but fools ſit down in it and cry, wiſe people defend themſelves againſt it with a warm garment or a good fire and a dry roof: When a ſtorm of a ſad miſchance beats upon our ſpirits, turn it into ſome advantage by obſerving where it can ſerve another end, either of religion or prudence, or more ſafety or leſs envy: it will turn into ſomething that is good, if we liſt to make it ſo; at leaſt it may make us weary of the world's vanity, and take off our confidence from uncertain riches; & make our ſpirits to dwell in thoſe regions where content dwells eſſentially. If it does

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any good to our ſouls, it hath made more then ſufficient recompence for all the temporal affliction. He that threw a ſtone at a dog, and hit his cruel ſtep-mother, ſaid, that although he intended it otherwiſe, yet the ſtone was not quite loſt: and if we fail in the firſt deſign, if we bring it home to another equally to content us, or more to profit us, then we have put our conditions paſt the power of chance; and this was called in the old Greek Comedy, *a being revenged on fortune by becoming Philoſophers*, and turning the chance into reaſon or religion: for ſo a wiſe man ſhall overrule his ſtars, and have a greater influence upon his own content then all the conſtellations and planets of the firmament.

2. Never compare thy condition with thoſe above thee; but to ſecure thy content, look upon thoſe thouſands with whom thou wouldeſt not for any intereſt change thy fortune and condition. A ſouldier muſt not think himſelf unproſperous, if he be not ſucceſsful as the ſon of *Philip*, or cannot graſp a fortune as big as the *Roman* Empire. Be content that thou art not leſſened as was *Pyrrhus*; or if thou beeſt, that thou art not routed like *Craſſus*: and when that comes to thee, it is a great proſperity that thou art not cag'd and made a ſpectacle like *Bajazet*, or thy eyes were not pull'd out like *Zedekiah*'s, or that thou wert not flay'd alive like *Valentinian*. If thou admireſt the greatneſs of *Xerxes*, look alſo on thoſe that digged the mountain *Athos*, or whoſe ears and noſes were cut off, becauſe the *Helleſpont* carried away the bridge. It is a fine thing (thou thinkeſt) to be carried on mens ſhoulders: but give God thanks that thou art not forced to carry a rich fool upon thy ſhoulders, as thoſe poor men do whom thou beholdeſt. There are but a few Kings in mankind, but many thouſands who are very miſerable, if compared to thee. However, it is a huge folly rather to grieve for the good of others, then to rejoyce for that good which God hath given us of our own.

And yet there is no wiſe or good man that would change *perſons* or conditions intirely with any man in the world. It may be he would have one man's *wealth* added

added to himself, or the power of a second, or the learning of a third; but still he would receive these into his own person, because he loves that best, and therefore esteems it best, and therefore over-values all that which he is, before all that which any other man in the world can be. Would any man be *Dives* to have his wealth, or *Judas* for his office, or *Saul* for his Kingdom, or *Absalom* for his bounty, or *Achitophel* for his policy? It is likely he would wish all these, and yet he would be the same person still. For every man hath desires of his own, and objects just fitted to them, without which he cannot be, unless he were not himself. And let every man that loves himself so well as to love himself before all the world, consider if he have not something for which in the whole he values himself far more then he can value any man else. There is therefore no reason to take the finest feathers from all the winged nation to deck that bird that thinks already she is more valuable then any the inhabitants of the air. Either change all or none. Cease to love your self best, or be content with that portion of being and blessing for which you love your self so well.

3. It conduces much to our content, if we pass by those things which happen to our trouble, and *consider that which is pleasing and prosperous*, that by the representation of the better, the worse may be blotted out: and at the worst you have enough to keep you alive, and to keep up and to improve your hopes of Heaven. If I be overthrown in my suit at law, yet my house is left me still and my land; or I have a vertuous wife, or hopefull children, or kind friends, or good hopes. If I have lost one child, it may be I have two or three still left me. *Or else reckon the blessings which already you have received*, and therefore be pleased in the change and variety of affairs to receive *evil from the hand of God as well as good. Antipater* of *Tarsus* used this art to support his sorrows on his Death-bed, and reckoned the good things of his past life, not forgetting to recount it as a blessing,

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an argument that God took care of him, that he had a prosperous journey from *Cilicia* to *Athens*. *Or else please thy self with hopes of the future*: for we were born with this sadness upon us; and it was a change that brought us into it, and a change may bring us out again. *Harvest will come, and then every Farmer is rich, at least for a moneth or two.* It may be thou art entred into the cloud which will bring a gentle showr to refresh thy sorrows.

La speranza è il pan de poveri.
Non si malè nunc, & olim sic erit.

Ἀεὶ γεωργὸς εὐς νέωτα πλούσιος.

Now suppose thy self in as great a sadness as ever did load thy spirit, wouldst thou not bear it chearfully and nobly, if thou wert sure that within a certain space some strange excellent fortune would relieve thee, and enrich thee, and recompense thee so as to overflow all thy hopes and thy desires and capacities? Now then, when a sadness lies heavy upon thee, remember that thou art a Christian designed to the inheritance of *Jesus*: and what dost thou think concerning thy great fortune, thy lot and portion of eternity? Dost thou think thou shalt be saved or damned? Indeed if thou thinkest thou shalt perish, I cannot blame thee to be sad, sad till thy heart-strings crack: but then why art thou troubled at the loss of thy money? What should a damned man do with money, which in so great a sadness it is impossible for him to enjoy? Did ever any man upon the rack afflict himself because he had received a cross answer from his mistriss? or call for the particulars of a purchase upon the gallows? If thou dost really believe thou shalt be damned, I do not say it will *cure* the sadness of thy poverty, but it will *swallow* it up.* But if thou believest thou shalt be saved, consider, how great is that joy, how infinite is that change, how unspeakable is the glory, how excellent is the recompence for all the sufferings in the world, if they were all laden upon the spirit? So that let thy condition be what it will, if thou considerest thy own present condition, and comparest it to thy future possibility, thou canst not feel the present smart of a cross

a cross fortune to any great degree, either because thou hast a far bigger sorrow, or a far bigger joy. Here thou art but a stranger travelling to thy Country, where the glories of a Kingdom are prepared for thee; it is therefore a huge folly to be much afflicted because thou hast a less convenient Inn to lodge in by the way.

But these arts of *looking backwards and forwards* are more then enough to support the spirit of a Christian: there is no man but hath blessings enough in present possession to outweigh the evils of a great affliction. Tell the joynts of thy body, and do not accuse the universal providence for a lame leg, or the want of a finger, when all the rest is perfect, and you have a noble Soul, a particle of Divinity, the image of God himself: and by the want of a finger you may the better know how to estimate the remaining parts, and to account for every degree of the surviving blessings. *Aristippus* in a great suit at law lost a Farm, and to a Gentleman who in civility pitied and deplored his loss, he answered, I have two Farms left still, and that is more then I have lost, and more then you have by one. If you miss an office for which you stood Candidate, then besides that you are quit of the cares and the envy of it, you still have all those excellencies which rendred you capable to receive it, and they are better then the best Office in the Commonwealth. If your estate be lessened, you need the less to care who governs the Province, whether he be rude or gentle. I am crossed in my journey, and yet I scaped robbers; and I consider, that if I had been set upon by Villains, I would have redeemed that evil by this which I now suffer, and have counted it a deliverance: or if I did fall into the hands of thieves, yet they did not steal my land. Or I am fallen into the hands of Publicans and Sequestrators, and they have taken all from me: what now? let me look about me. They have left me the Sun and Moon, Fire and Water, a loving Wife, and many friends to pity me, and some to relieve me, and I can still discourse; and unless I list they have not

taken away my merry countenance, and my chearful ſpirit, and a good conſcience: they ſtill have left me the providence of God, and all the promiſes of the Goſpel, and my Religion, and my hopes of Heaven, and my charity to them too; and ſtill I ſleep and digeſt, I eat and drink, I read and meditate, I can walk in my neighbour's pleaſant fields, and ſee the varieties of natural beauties, and delight in all that in which God delights, that is, in vertue and wiſedom, in the whole creation, and in God himſelf. And he that hath ſo many cauſes of joy, and ſo great, is very much in love with ſorrow and peeviſhneſs, who loſes all theſe pleaſures, and chuſes to ſit down upon his little handful of thorns. Such a perſon were fit to bear *Nero* company in his funeral ſorrow for the loſs of one of *Poppea*'s hairs, or help to mourn for *Lesbia*'s ſparrow: and becauſe he loves it, he deſerves to ſtarve in the midſt of plenty, and to want comfort while he is encircled with bleſſings.

4. Enjoy the preſent whatſoever it be, and be not ſolicitous for the future: for if you take your foot from the preſent ſtanding, and thruſt it forward toward to morrow's event, you are in a reſtleſs condition: it is like refuſing to quench your preſent thirſt by fearing you ſhall want drink the next day. If it be well to day, it is madneſs to make the preſent miſerable by fearing it may be ill to morrow; when your belly is full of to day's dinner, to fear you ſhall want the next day's ſupper: for it may be you ſhall not, and then to what purpoſe was this day's affliction? But if to morrow you ſhall want, your ſorrow will come time enough, though you do not haſten it: let your trouble tarry till its own day comes. But if it chance to be ill to day, do not increaſe it by the care of to morrow. Enjoy the bleſſings of this day, if God ſends them, and the evils of it bear patiently and ſweetly: for

Quid ſit futurum cras fuge quærere, & Quem fors dierum cunque dabit lucro Appone. *Hor. l. 1. Od. 9.*

Prudens futuri temporis exitum Caliginoſâ nocte premit Deus, Ridétque ſi mortalis ultra Fas trepidet: quod adeſt memento Componere æquus. *Hor. l. 3. Od. 29.*

Τὸ γὰρ σήμερον μέλλει μοι, Τὸ δ' αὔριον τίς οἶδεν;

for this day is only ours, we are dead to yeſterday, and we are not yet born to the morrow. He therefore that enjoys the preſent, if it be good, enjoys as much as is poſſible: and if only that day's trouble leans upon him, it is ſingular and finite. *Sufficient to the day* (ſaid Chriſt) *is the evil thereof. Sufficient*, but *not intolerable.* But if we look abroad and bring into one day's thoughts the evil of many, certain and uncertain, what will be and what will never be, our load will be as intolerable as it is unreaſonable. To reprove this inſtrument of diſcontent, the Ancients feigned that in Hell ſtood a man twiſting a rope of Hay, and ſtill he twiſted on, ſuffering an Aſs to eat up all that was finiſhed: ſo miſerable is he who thruſts his paſſions forwards towards future events, and ſuffers all that he may enjoy to be loſt and devoured by folly and inconſideration, thinking nothing fit to be enjoyed but that which is not, or cannot be had. Juſt ſo, many young perſons are loth to die, and therefore deſire to live to old age, and when they are come thither, are troubled that they are come to that ſtate of life, to which, before they were come, they were hugely afraid they ſhould never come.

5. Let us prepare our minds againſt changes, always expecting them, that we be not ſurprized when they come: For nothing is ſo great an enemy to tranquillity and a contented ſpirit, as the amazement and confuſions of unreadineſs and inconſideration: and when our fortunes are violently changed, our ſpirits are unchanged, if they always ſtood in the Suburbs and expectation of ſorrows. *O Death, how bitter art thou to a man that is at reſt in his poſſeſſions!* And to the rich man who had promiſed to himſelf eaſe and fulneſs for many years, it was a ſad arreſt, that his Soul was ſurpriſed the firſt night: but the Apoſtles, who every day knockt at the gate of death, and looked upon it continually, went to their Martyrdom in peace and evenneſs.

6. Let us often frame to our ſelves and repreſent to our conſiderations the images of thoſe bleſſings we have, juſt as we uſually underſtand them when we

want them. Conſider how deſirable health is to a ſick man, or liberty to a priſoner; and if but a fit of the tooth-ach ſeiſes us with violence, all thoſe troubles which in our health afflicted us, disband inſtantly and ſeem inconſiderable. He that in his health is troubled that he is in debt, and ſpends ſleepleſs nights, and refuſes meat becauſe of his infelicity, let him fall into a fit of the Stone or a high Fever, he deſpiſes the arreſt of all his firſt troubles, and is as a man unconcerned. Remember then that God hath given thee a bleſſing, the want of which is infinitely more trouble then thy preſent debt or poverty or loſs; and therefore is now more to be valued in the poſſeſſion, and ought to outweigh thy trouble. The very privative bleſſings, the bleſſings of immunity, ſafeguard, liberty and integrity which we commonly enjoy, deſerve the thankſgiving of a whole life. If God ſhould ſend a Cancer upon thy face, or a Wolf into thy ſide, if he ſhould ſpread a cruſt of Leproſie upon thy skin, what wouldſt thou give to be but as now thou art? Wouldſt thou not on that condition be as poor as I am, or as the meaneſt of thy brethren? Would you not chuſe your preſent loſs or affliction as a thing extremely eligible, and a redemption to thee, if thou mighteſt exchange the other for this? Thou art quit from a thouſand calamities, every one of which if it were upon thee would make thee inſenſible of thy preſent ſorrow: and therefore let thy joy (which ſhould be as great for thy freedom from them, as is thy ſadneſs when thou feeleſt any of them) do the ſame cure upon thy diſcontent. For if we be not extremely fooliſh or vain, thankleſs or ſenſeleſs, a great joy is more apt to cure ſorrow and diſcontent then a great trouble is. I have known an affectionate Wife, when ſhe had been in fear of parting with her beloved Husband, heartily deſire of God his life or ſociety upon any conditions that were not ſinful; and chuſe to beg with him, rather then to feaſt without him: and the ſame perſon hath upon that conſideration born poverty nobly, when God hath heard her prayer in the other matter. What wiſe man in the world

world is there who does not prefer a small fortune with peace, before a great one with contention, and war and violence? and then he is no longer wise, if he alters his opinion when he hath his wish.

7. If you will secure a contented spirit, you must measure your desires by your fortune and condition, not your fortunes by your desires: that is, be governed by your needs, not by your fancy; by Nature, not by evil customs and ambitious principles. He that would shoot an arrow out of a Plow, or hunt a Hare with an Elephant, is not unfortunate for missing the mark or prey; but he is foolish for chusing such unapt instruments: and so is he that runs after his content with appetites not springing from natural needs, but from artificial, phantastical and violent necessities. These are not to be satisfied; or if they were, a man hath chosen an evil instrument towards his content: Nature did not intend rest to a Man by filling of such desires. Is that Beast better that hath two or three mountains to graze on, then a little Bee that feeds on Dew or Manna, and lives upon what falls every morning from the Store-houses of Heaven, *Clouds* and *Providence*? Can a man quench his thirst better out of a River then a full Urn; or drink better from the Fountain when it is finely paved with Marble, then when it swells over the green Turf? Pride and artificial gluttonies do but adulterate Nature, making our diet healthless, our appetites impatient and unsatisfiable, and the taste mixt, phantastick & meretricious. But that which we miscal poverty, is indeed Nature: and its proportions are the just measures of a Man, and the best instruments of content. But when we create needs that God or Nature never made, we have erected to our selves an infinite stock of trouble that can have no period. *Sempronius* complained of want of cloaths, and was much troubled

*Assai basta per chi non è incordo.*

——Quantò præstantius esset
Numen, aquæ viridi si margine clauderet undas
Herba, nec ingenuum violarent marmora tophum!
——me pascunt olivæ,
Me cichoreæ, levésque malvæ.
Frui paratis & valido mihi,
Latoe, dones. *Horat. l. 1. Od. 31.*
Amabò levem cupressum,
Omissis Cretæ palculis:
Terra mihi datum est paràm,
Careo interim doloribus. *Pindar.*

for a new suit, being ashamed to appear in the Theatre with his Gown a little thred-bare: but when he got it and gave his old cloaths to *Codrus*, the poor man was ravisht with joy, and went and gave God thanks for his new purchace; and *Codrus* was made richly fine and chearfully warm by that which *Sempronius* was ashamed to wear; and yet their natural needs were both alike: the difference only was, that *Sempronius* had some artificial and phantastical necessities superinduced, which *Codrus* had not; and was harder to be relieved, and could not have joy at so cheap a rate: because he only lived according to Nature, the other by Pride and ill customs, and measures taken by other mens eyes and tongues, and artificial needs. He that propounds to his fancy things greater then himself or his needs, and is discontent and troubled when he fails of such purchaces, ought not to accuse Providence, or blame his fortune, but his folly. God and Nature made no more needs then they mean to satisfie; and he that will make more, must look for satisfaction when he can.

Vacare culpæ in calamitatibus maximum solatium.

8. In all troubles and sadder accidents let us take sanctuary in Religion, and by innocence cast out anchors for our Souls, to keep them from shipwreck, though they be not kept from storm. For what Philosophy shall comfort a Villain that is haled to the rack for murthering his Prince, or that is broken upon the wheel for Sacrilege? His cup is full of pure and unmingled sorrow: his body is rent with torment, his name with ignominy, his Soul with shame and sorrow which are to last eternally. But when a man suffers in a good cause, or is afflicted and yet walks not perversly with his God, then *Anytus and Melitus may kill me, but they cannot hurt me*; then St. *Paul's* character is engraven in the forehead of our fortune; *We are troubled on every side, but not distressed; perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed. And who is he that will harm you, if ye be followers of that which is good?* For indeed every thing in the world is indifferent, but sin: and all the scorchings of the Sun are very tolerable

2 Cor. 4 8, 9.

1 Pet. 3. 12 & 4. 13, 16.

in

in reſpect of the burnings of a Fever or a Calenture. The greateſt evils are from within us, and from our ſelves alſo we muſt look for our greateſt good; for God is the Fountain of it, but reaches it to us by our own hands: and when all things look ſadly round about us, then only we ſhall find how excellent a fortune it is to have God to our friend; and of all friendſhips that only is created to ſupport us in our needs. For it is ſin that turns an Ague into a Fever, and a Fever to the Plague, fear into deſpair, anger into rage, and loſs into madneſs, and ſorrow to amazement and confuſion: but if either we were innocent, or elſe by the ſadneſs are made penitent, we are put to ſchool, or into the Theatre, either to learn how, or elſe actually to combat for a Crown; the accident may ſerve an end of mercy, but is not a meſſenger of wrath.

Let us not therefore be governed by *external*, and *preſent*, and *ſeeming things*; nor let us make the ſame judgment of things that common and weak underſtandings do; nor make other men, and they not the wiſeſt, to be judges of our felicity, ſo that we be happy or miſerable as they pleaſe to think us: but let Reaſon, and experience, and Religion, and hope relying upon the Divine promiſes, be the meaſure of our judgment. No *wiſe man* did ever deſcribe felicity without vertue; and no *good man* did ever think vertue could depend upon the variety of a good or bad fortune. It is no evil to be poor, but to be vicious and impatient.

Beatitudo pendet à rectis conſiliis in affectionem animi conſtantem deſinentibus. *Plut.*

*Means to obtain Content by way of Conſideration.*

To theſe exerciſes and ſpiritual inſtruments if we add the following conſiderations concerning the nature and circumſtance of humane chance, we may better ſecure our peace. For as to children, who are afraid of vain Images, we uſe to perſwade confidence by making them to handle and look near ſuch things, that when in ſuch a familiarity they perceive them inno-

cent, they may overcome their fears: ſo muſt timorous, phantaſtical, ſad and diſcontented perſons be treated; they muſt be made to conſider and on all ſides to look upon the accident, and to take all its dimenſions, and conſider its conſequences, and to behold the purpoſe of God, and the common miſtakes of men, and their evil ſentences they uſually paſs upon them. For then we ſhall perceive that like Colts of unmanaged Horſes we ſtart at dead bones and liveleſs blocks, things that are unactive as they are innocent. But if we ſecure our hopes and our fears, and make them moderate and within government, we may the ſooner overcome the evil of the accident: *For nothing that we feel is ſo bad as what we fear.*

Non te ad omnia lata genuit, O Agamemnon, Atreus. Opus eſt te gaudere & mœrere: Mortalis enim natus es, &, ut haud velis, Superi ſic conſtituerunt.

1. Conſider that the univerſal providence of God hath ſo ordered it, that the good things of Nature and Fortune are divided, that we may know how to bear our own and relieve each others wants and imperfections. It is not for a Man, but for a God, to have all excellencies and all felicities. He ſupports my poverty with his wealth; I counſel and inſtruct him with my learning and experience. He hath many friends, I many children: He hath no heir, I have no inheritance: and any one great bleſſing together with the common portions of Nature and neceſſity is a fair fortune, if it be but health or ſtrength, or the ſwiftneſs of *Abimaaz*. For it is an unreaſonable diſcontent to be troubled that I have not ſo good Cocks or Dogs or Horſes as my Neighbour, being more troubled that I want one thing that I need not, then thankful for having received all that I need. *Nero* had this diſeaſe, that he was not content with the fortune of the whole Empire, but put the Fidlers to death for being more skilful in the trade then he was: and *Dionyſius* the elder was ſo angry at *Philoxenus* for Singing, and with *Plato* for diſputing better then he did, that he ſold *Plato* a Slave into *Ægina*, and condemned the other to the Quarries.

This conſideration is to be enlarged by adding to it, that there are ſome inſtances of fortune and a fair condition

condition that cannot ſtand with ſome others, but if you deſire this, you muſt loſe that, and unleſs you be content with one, you loſe the comfort of both. If you covet Learning, you muſt have leiſure and a retired life: if to be a Politician, you muſt go abroad and get experience, and do all buſineſſes, and keep all company, and have no leiſure at all. If you will be rich, you muſt be frugal: if you will be popular, you muſt be bountiful: if a Philoſopher, you muſt deſpiſe riches. The Greek that deſigned to make the moſt exquiſite picture that could be imagined, fanſied the eye of *Chione*, and the hair of *Pægnium*, and *Tarſia*'s lip, *Philenium*'s chin, and the forehead of *Delphia*, and ſet all theſe upon *Melphidippa*'s neck, and thought that he ſhould out-do both Art and Nature. But when he came to view the proportions, he found that what was excellent in *Tarſia* did not agree with the other excellency of *Philenium*; and although ſingly they were rare pieces, yet in the whole they made a moſt ugly face. The diſperſed excellencies and bleſſings of many men, if given to one, would not make a handſom, but a monſtrous fortune. Uſe therefore that faculty which Nature hath given thee, and thy education hath made actual, and thy calling hath made a duty. But if thou deſireſt to be a Saint, refuſe not his perſecution: If thou wouldſt be famous as *Epaminondas* or *Fabricius*, accept alſo of their poverty; for that added luſtre to their perſons, and envy to their fortune, and their vertue without it could not have been ſo excellent. Let *Euphorion* ſleep quietly with his old rich Wife; and let *Medius* drink on with *Alexander*: and remember thou canſt not have the riches of the firſt, unleſs you have the old Wife too; nor the favour which the ſecond had with his Prince, unleſs you buy it at his price, that is, lay thy ſobriety down at firſt, and thy health a little after; and then their condition, though it look ſpendidly, yet when you handle it on all ſides, it will prick your fingers.

Prandet Ariſtoteles quando Philippo lubet, Diogenes quando Diogeni.

2. Conſider how many excellent perſonages in all Ages

Ages have ſuffered as great or greater calamities then this which now tempts thee to impatience. *Agis* was the moſt noble of the *Greeks*, and yet his Wife bore a Child by *Alcibiades*: and *Philip* was Prince of *Ituræa*, and yet his Wife ran away with his brother *Herod* into *Galilee*: and certainly in a great fortune that was a great calamity. But theſe are but ſingle inſtances. Almoſt all the Ages of the world have noted that their moſt eminent Scholars were moſt eminently poor, ſome by choice, but moſt by chance, and an inevitable decree of providence. And in the whole ſex of women God hath decreed the ſharpeſt pains of Child-birth, to ſhew that there is no ſtate exempt from ſorrow, and yet that the weakeſt perſons have ſtrength more then enough to bear the greateſt evil: and the greateſt Queens, and the Mothers of Saints and Apoſtles, have no character of exemption from this ſad ſentence. But the Lord of men and Angels was alſo the King of ſufferings, and if thy courſe robe trouble thee, remember the ſwaddling-cloaths of *Jeſus*; if thy bed be uneaſie, yet is it not worſe then his manger; and it is no ſadneſs to have a thin table, if thou calleſt to mind that the King of heaven and earth was fed with a little breaſt-milk: and yet beſides this he ſuffered all the ſorrows which we deſerved. We therefore have great reaſon to ſit down upon our own hearths, and warm our ſelves at our own fires, and feed upon content at home: for it were a ſtrange pride to expect to be more gently treated by the Divine Providence then the beſt and wiſeſt men, then Apoſtles and Saints, nay, the Son of the Eternal God, the heir of both the worlds.

*Servius Sulpitius.*

This Conſideration may be enlarged by ſurveying all the ſtates and families of the world: and he that at once ſaw *Ægina* and *Megara*, *Pyræus* and *Corinth* lie gaſping in their ruines, and almoſt buried in their own heaps, had reaſon to blame *Cicero* for mourning impatiently the death of one woman. In the moſt beauteous and ſplendid fortune there are many cares and proper interruptions and allays: in the fortune of a Prince there is not the courſe robe of beggery;

beggery; but there are infinite cares: and the Judge sits upon the Tribunal with great ceremony and ostentation of fortune, and yet at his house or in his breast there is something that causes him to sigh deeply. *Pittacus* was a wise and valiant man, but his wife overthrew the Table when he had invited his friends: upon which the good man, to excuse her incivility and his own misfortune, said, That every man had one evil, and he was most happy that had but that alone. And if nothing else happens, yet sicknesses so often do imbitter the fortune and content of a family, that a Physician in a few years, and with the practice upon a very few families, gets experience enough to administer to almost all diseases. And when thy little misfortune troubles thee, remember that thou hast known the best of Kings and the best of men put to death publickly by his own subjects.

Hic in foro beatus esse creditur,
Cùm foribus apertis sit suis miserrimus;
Imperat mulier, jubet omnia, semper litigat.
Multa adferunt illi dolorem, nihil mihi.

Ferre quam sortem patiuntur omnes
Nemo recusat.

3. There are many accidents which are esteemed great calamities, and yet we have reason enough to bear them well and unconcernedly; for they neither touch our bodies nor our souls: our health and our vertue remains intire, our life and our reputation. It may be I am slighted, or I have received ill language; but my head akes not for it, neither hath it broke my thigh, nor taken away my vertue, unless I lose my charity or my patience. Inquire therefore what you are the worse, either in your soul, or in your body, for what hath happened: for upon this very stock many evils will disappear, since the body and the soul make up the whole man. And when the daughter of *Stilpo* proved a wanton, he said it was none of his sin, and therefore there was no reason it should be his misery. And if an enemy hath taken all that from a Prince whereby he was a King; he may refresh himself by considering all that is left him, whereby he is a Man,

Si natus es, Trophime, solus omnium hâc lege,
Ut semper eant tibi res arbitrio tuo;
Felicitatem hanc si quis promisit Deus,
Iraſceris jure, si malâ is fide
Et improbè egisset. *Menan.*

4. Consider

4. Conſider that ſad accidents and a ſtate of affliction is a School of vertue: it reduces our ſpirits to ſoberneſs, and our counſels to moderation; it corrects levity, and interrupts the confidence of ſinning. Pſal. 119. part 10. v. 3. *It is good for me* (ſaid *David*) *that I have been afflicted, for thereby I have learned thy law.* And, *I know, (O Lord) that thou of very faithfulneſs haſt cauſed me to be troubled.* For God, who in mercy and wiſdom governs the world, would never have ſuffered ſo many ſadneſſes, and have ſent them eſpecially to the moſt vertuous and the wiſeſt men, but that he intends they ſhould be the ſeminary of comfort, the nurſery of vertue, the exerciſe of wiſdom, the trial of patience, the venturing for a crown, and the gate of glory.

5. Conſider that afflictions are oftentimes the occaſions of great temporal advantages: and we muſt not look upon them as they ſit down heavily upon us, but as they ſerve ſome of God's ends, and the purpoſes of univerſal Providence. And when a Prince fights juſtly, and yet unproſperouſly, if he could ſee all thoſe reaſons for which God hath ſo ordered it, he would think it the moſt reaſonable thing in the world, and that it would be very ill to have it otherwiſe. If a man could have opened one of the pages of the Divine counſel, and could have ſeen the event of *Joſeph*'s being ſold to the Merchants of *Amalek*, he might with much reaſon have dried up the young man's tears: and when God's purpoſes are opened in the events of things, as it was in the caſe of *Joſeph*, when he ſuſtained his Father's family and became Lord of *Egypt*, then we ſee what ill judgment we made of things, and that we were paſſionate as children, and tranſported with ſenſe and miſtaken intereſt. The caſe of *Themiſtocles* was almoſt like that of *Joſeph*, for being baniſhed into *Egypt*, he alſo grew in favour with the King, and told his wife, *He had been undone unleſs he had been undone.* For God eſteems it one of his glories that he brings good out of evil: and therefore it were but reaſon we ſhould truſt God to govern his own world as he pleaſes; and that we ſhould patiently *wait till the change cometh*, or the reaſon be diſcovered.

And

And this consideration is also of great use to them who envy at the prosperity of the wicked, and the success of persecutors, and the baits of fishes, & the bread of dogs. God fails not to sow blessings in the long furrows which the plowers plow upon the back of the Church: and this success which troubles us will be a great glory to God, and a great benefit to his Saints and servants, and a great ruine to the Persecutors, who shall have but the fortune of *Theramenes*, one of the thirty Tyrants of *Athens*, who scaped when his house fell upon him, and was shortly after put to death with torments by his Collegues in the tyranny.

To which also may be added, that the great evils which happen to the best and wisest men are one of the great arguments upon the strength of which we can expect felicity to our souls and the joys of another world. And certainly they are then very tolerable and eligible, when with so great advantages they minister to the faith and hope of a Christian. But if we consider what unspeakable tortures are provided for the wicked to all eternity, we should not be troubled to see them prosperous here, but rather wonder that their portion in this life is not bigger, and that ever they should be sick, or crossed, or affronted, or troubled with the contradiction and disease of their own vices, since if they were fortunate beyond their own ambition, it could not make them recompence for one hour's torment in Hell, which yet they shall have for their eternal portion.

After all these considerations deriving from sense and experience, Grace and Reason, there are two remedies still remaining, and they are *Necessity* and *Time*.

6. For it is but reasonable to bear that accident patiently which God sends, since impatience does but intangle us like the fluttering of a bird in a net, but cannot at all ease our trouble, or prevent the accident: it must be run through, and therefore it were better we compose our selves to a patient, then to a troubled and miserable suffering.

Nemo recusat ferre quod necesse est pati.

7. But

7. But however, if you will not otherwiſe be cured, time at laſt will do it alone; and then conſider, do you mean to mourn *always*, or but *for a time*? If always, you are miſerable and fooliſh. If for a time, then why will not you apply thoſe reaſons to your grief at firſt, with which you will cure it at laſt? or if you will not cure it with reaſon, ſee how little of a man there is in you, that you ſuffer time to do more with you then Reaſon or Religion. You ſuffer your ſelves to be cured juſt as a beaſt or a tree is; let it alone, and the thing will heal it ſelf: but this is neither honourable to thy perſon, nor of reputation to thy Religion. However be content to bear thy calamity, becauſe thou art ſure in a little time it will ſit down gentle and eaſie: For to a mortal man no evil is immortal. And here let the worſt thing happen that can, it will end in death, and we commonly think that to be near enough.

8. Laſtly, of thoſe things which are reckoned amongſt evils, ſome are better then their contraries; and to a good man the very worſt is tolerable.

### *Poverty or a low Fortune.*

1. Poverty is better then riches, and a mean fortune to be choſen before a great and ſplendid one. It is indeed deſpiſed and makes men contemptible: it expoſes a man to the inſolence of evil perſons, and leaves a man defenceleſs: it is always ſuſpected: its ſtories are accounted lies, and all its counſels follies: it puts a man from all imployment: it makes a man's diſcourſes tedious, and his ſociety troubleſome. This is the worſt of it: and yet all this, and far worſe then this, the Apoſtles ſuffered for being Chriſtians; and Chriſtianity it ſelf may be eſteemed an affliction as well as poverty, if this be all that can be ſaid againſt it; for the Apoſtles and the moſt eminent Chriſtians were really poor, and were uſed contemptuouſly. And yet, that poverty is deſpiſed may be an argument to commend it, if it be deſpiſed by none but perſons

perſons vicious and ignorant. However, certain it is that a great fortune is a great vanity, and riches is nothing but danger, trouble, and temptation; like a garment that is too long, and bears a train; not ſo uſeful to one, but it is troubleſome to two, to him that bears the one part upon his ſhoulders, and to him that bears the other part in his hand. But poverty is the ſiſter of a good mind, the parent of ſober counſels, and the nurſe of all vertue.

Alta fortuna alta travaglio apporta.

For what is it that you admire in the fortune of a great King? Is it that he always goes in a great company? You may thruſt your ſelf into the ſame croud, or go often to Church, and then you have as great a company as he hath; and that may upon as good grounds pleaſe you as him, that is, juſtly neither: for ſo impertinent and uſeleſs pomp, and the other circumſtances of his diſtance, are not made for him, but for his ſubjects, that they may learn to ſeparate him from common uſages, and be taught to be governed. But if you look upon them as fine things in themſelves, you may quickly alter your opinion when you ſhall conſider that they cannot cure the tooth-ach, nor make one wiſe, or fill the belly, or give one night's ſleep, (though they help to break many) not ſatisfying any appetite of Nature, or Reaſon, or Religion: but they are ſtates of greatneſs, which only makes it poſſible for a man to be made extremely miſerable. And it was long ago obſerved by the *Greek* Tragedians, and from them by *Arrianus*, ſaying, 'That 'all our Tragedies are 'of Kings and Princes, 'and rich or ambitious 'perſonages; but you 'never ſee a poor man 'have a part, unleſs it be as a *Chorus*, or to fill up the 'Scenes, to dance or to be derided; but the Kings and 'the great Generals. Firſt (ſays he) they begin with 'joy, στέφανα δώματα crown the houſes: but about the 'third or fourth Act they cry out, O *Citheron*! why 'didſt thou ſpare my life to reſerve me for this more 'ſad

Da autorità la ceremonia al atto.

Οὐδεὶς ὃ πάντα τραγῳδίαν συμπληροῖ εἰ μὴ χορωτής.

Bis ſex dierum menſurâ conſero ego agros,
Berecynthia arva.
Animúſq; meus ſenſim uſq; evectus ad polum
Decidit humi, & me ſic videtur alloqui.
Diſce haud nimis magnificare mortalia.
*Tamal. in Tragæd.*

ſad calamity? And this is really true in the great accidents of the world: for a great eſtate hath great croſſes, and a mean fortune hath but ſmall ones. It may be the poor man loſes a Cow, for if his Child dies he is quit of his biggeſt care: but ſuch an accident in a rich and ſplendid Family doubles upon the ſpirits of the parents. Or it may be the poor man is troubled to pay his rent, and that's his biggeſt trouble; but it is a bigger care to ſecure a great fortune in a troubled eſtate, or with equal greatneſs, or with the circumſtances of honour, and the niceneſs of reputation, to defend a law-ſuit; and that which will ſecure a common man's whole eſtate, is not enough to defend a great man's honour.

And therefore it was not without myſtery obſerved among the Ancients, that they who made Gods of Gold and Silver, of Hope and Fear, Peace and Fortune, Garlick and Onions, Beaſts and Serpents, and a quartan Ague; yet never deified Money: meaning, that however wealth was admired by common or abuſed underſtandings; yet from riches, that is, from that proportion of good things which is beyond the neceſſities of Nature, no moment could be added to a man's real content or happineſs. Corn from *Sardinia*, herds of *Calabrian* cattel, meadows through which pleaſant *Liris* glides, ſilks from *Tyrus*, and golden Chalices to drown my health in, are nothing but inſtruments of vanity or ſin, and ſuppoſe a diſeaſe in the ſoul of him that longs for them or admires them. And this I have otherwhere repreſented more largely; to which I here add, that riches have *very great dangers* to their ſouls, not only *who covet them*, but to all *that have them*. For if a great perſonage undertakes an action paſſionately and upon great intereſt, let him manage it indiſcreetly, let the whole deſign be unjuſt, let it be acted with all the malice and impotency in the World, he ſhall have enough to flatter him, but not enough to reprove him. He had need be a bold man that ſhall tell his Patron, he is going to Hell;

——funeſta Pecunia, Templo
Nondum habitas, nullas nummorum ereximus aras,
Ut colitur pax atque fides——

Chap. 4. Sect. 8. Title of Covetouſneſs.

Hell; and that Prince had need be a good man that shall suffer such a Monitor. And though it be a strange kind of civility, and an evil dutifulness in Friends and Relatives, to suffer him to perish without reproof or medicine, rather then to seem unmannerly to a great sinner; yet it is none of their least infelicities, that their wealth and greatness shall put them into sin, and yet put them past reproof. I need not instance in the habitual intemperance of rich Tables, nor the evil accidents and effects of fulness, pride and lust, wantonness and softness of disposition, huge talking and an imperious spirit, despite of Religion and contempt of poor persons. At the best, *it is a great temptation for a man to have in his power whatsoever he can have in his sensual desires:* and therefore riches is a blessing like to a present made of a whole Vintage to a man in a Hectick Fever; he will be much tempted to drink of it, and if he does he is inflamed, and may chance to die with the kindness. Jam. 2. 5, 6, 7.

Now besides what hath been already noted in the state of poverty, there is nothing to be accounted for but *the fear of wanting necessaries*, of which if a man could be secured, that he might live free from care, all the other parts of it might be reckoned amongst the advantages of wise and sober persons, rather then objections against that state of fortune.

But concerning this I consider, that there must needs be great security to all Christians, since *Christ* not only made express promises that we should have sufficient for this life; but also took great pains and used many arguments to create confidence in us: and such they were which by their own strength were sufficient, though you abate the authority of the Speaker. The Son of *God* told us, his Father takes care of us: He that knew all his Father's counsels and his whole kindness towards mankind, told us so. How great is that truth, how certain, how necessary, which *Christ* himself proved by arguments! The excellent words and most comfortable sentences which are our Bills of Ex-

change, upon the credit of which we lay our cares down, and receive proviſions for our need, are
Matt. 6. 25, &c. theſe; *'Take no thought for your life, what ye ſhall eat 'or what ye ſhall drink, nor yet for your body, what ye 'ſhall put on. Is not the life more then meat, and the 'body then raiment? Behold the fowls of the air; for 'they ſow not, neither do they reap, nor gather into 'barns, yet your heavenly Father feedeth them. Are 'ye not much better then they? which of you by taking 'thought can add one cubit to his ſtature? And why 'take ye thought for raiment? Conſider the Lilies of 'the field how they grow: They toil not, neither do 'they ſpin; and yet I ſay unto you that even* Solomon *'in all his glory was not arrayed like one of theſe. There-'fore if God ſo cloath the graſs of the field, which to 'day is, and to morrow is caſt into the oven, ſhall he not 'much more cloath you, O ye of little faith? Therefore 'take no thought, ſaying, What ſhall we eat? or what 'ſhall we drink? or wherewithall ſhall we be cloathed? '(for after all theſe things do the Gentiles ſeek) For 'your heavenly Father knoweth that ye have need of all 'theſe things. But ſeek ye firſt the Kingdom of God and 'his righteouſneſs, and all theſe things ſhall be added un-'to you. Take therefore no thought for the morrow; for 'the morrow ſhall take thought for the things of it ſelf: 'ſufficient to the day is the evil thereof.* The ſame diſ-
Luke 12. 22. to verſe 31. courſe is repeated by Saint *Luke*: and accordingly our duty is urged and our confidence abetted by the Diſciples of our Lord, in divers places of holy Scripture. So Saint *Paul*,
Phil. 4. 6. *Be careful for nothing, but in every thing by prayer and ſupplication with thankſgiving let your requeſts be made known unto God.*
1 Tim. 6. 17. And again, *Charge them that are rich in this world that they be not high-minded, nor truſt in uncertain riches, but in the living God, who giveth us richly all things to*
Heb. 13. 5, 6. *enjoy.* And yet again, *Let your converſation be without covetouſneſs, and be content with ſuch things as ye have; for he hath ſaid, I will never leave thee, nor forſake thee: So that we may boldly ſay, The Lord is my helper.* And all this is by S. *Peter* ſummed up in our duty, thus: *Caſt all your care upon him, for he careth*

*for*

*for you.* Which words he ſeems to have borrowed out of the 55. *Pſalm*, ver. 23. where *David* ſaith the ſame thing almoſt in the ſame words. To which I only add the obſervation made by him, and the argument of experience; *I have been young and now am old, and yet ſaw I never the righteous forſaken, nor his ſeed begging their bread.* And now after all this, a fearleſs confidence in God, and concerning a proviſion of neceſſaries, is ſo reaſonable, that it is become a duty: and he is ſcarce a Chriſtian whoſe faith is ſo little as to be jealous of God and ſuſpicious concerning meat and cloaths: that man hath nothing in him of the nobleneſs or confidence of Charity.

Does not God provide for all the birds and beaſts and fiſhes? Do not the ſparrows fly from their buſh, and every morning find meat where they laid it not? Do not the young ravens call to God and he feeds them? And were it reaſonable that the ſons of the family ſhould fear the Father would give meat to the chickens and the ſervants, his ſheep and his dogs, but give none to them? He were a very ill Father that ſhould do ſo: or he were a very fooliſh ſon that ſhould think ſo of a good Father. * But beſides the reaſonableneſs of this faith and this hope, we have infinite experience of it: How innocent, how careleſs, how ſecure is infancy? and yet how certainly provided? We have lived at God's charges all the days of our life, and have (as the Italian proverb ſays) ſat down to meat at the ſound of a bell; and hitherto he hath not failed us: we have no reaſon to ſuſpect him for the future; we do not uſe to ſerve men ſo; and leſs time of trial creates great confidences in us towards them who for twenty years together never broke their word with us; and God hath ſo ordered it, that a man ſhall have had the experience of many years proviſion, before he ſhall underſtand how to doubt; that he may be provided for an anſwer againſt the temptation ſhall come, and the mercies felt in his childhood may make him fearleſs when he is a man. * Add to this, that God hath given us his

holy Spirit; he hath promiſed Heaven to us; he hath given us his Son; and we are taught from Scripture to make this inference from hence, *How ſhould not he with him give us all things elſe?*

*The Charge of many Children.*

We have a title to be provided for as we are God's creatures, another title as we are his Children, another becauſe God hath promiſed; and every of our children hath the ſame title: and therefore it is a huge folly and infidelity to be troubled and full of care becauſe we have many children. Every child we have to feed is a new revenue, a new title to God's care and providence; ſo that many children are a great wealth: and if it be ſaid they are chargeable, it is no more then all wealth and great revenues are. For what difference is it? *Titius* keeps ten plows, *Cornelia* hath ten children. He hath land enough to imploy, and to feed all his hinds: ſhe bleſſings, and promiſes, and the proviſions, and the truth of God to maintain all her children. His hinds and horſes eat up all his corn, and her children are ſufficiently maintained with her little. They bring in and eat up; and ſhe indeed eats up, but they alſo bring in from the ſtore-houſes of heaven, and the granaries of God: and my children are not ſo much mine as they are God's; he feeds them in the womb by ways ſecret and inſenſible; and would not work a perpetual miracle to bring them forth, and then to ſtarve them.

*Violent neceſſities.*

But ſome men are highly tempted, and are brought to a ſtreight, that without a miracle they cannot be relieved; what ſhall they do? It may be their pride or vanity hath brought the neceſſity upon them, and it is not a need of God's making: and if it be not, they muſt cure it themſelves by leſſening their deſires, and moderating their appetites: and yet if it be innocent, though

though unnecessary, God does usually relieve such necessities; and he does not only upon our prayers grant us more then he promised of temporal things, but also he gives many times more then we ask. This is no object for our faith, but ground enough for a temporal and prudent hope: and if we fail in the particular, God will turn it to a bigger mercy, if we submit to his dispensation, and adore him in the denial. But if it be a matter of necessity, let not any man by way of impatience cry out that God will not work a miracle; for God by miracle did give meat and drink to his people in the wilderness, of which he had made no particular promise in any Covenant: and if all natural means fail, it is certain that God will rather work a miracle then break his word; He can do that, He cannot do this. Only we must remember that our portion of temporal things is but *food and raiment*: God hath not promised us coaches and horses, rich houses and jewels, *Tyrian* silks and *Persian* carpets; neither hath he promised to minister to our needs in such circumstances as we shall appoint, but such as himself shall chuse. God will enable either thee to pay thy debt, (if thou beggest it of him) or else he will pay it for thee, that is, take thy desire as a discharge of thy duty, and pay it to thy Creditor in blessings, or in some secret of his providence. It may be he hath laid up the corn that shall feed thee in the granary of thy Brother; or will clothe thee with his wool. He enabled Saint *Peter* to pay his Gabel by the ministery of a fish; and *Elias* to be waited on by a crow, who was both his minister and his steward for provisions: & his holy Son rode in triumph upon an Ass that grazed in another man's pastures: And if God gives to him the dominion, and reserves the use to thee, thou hast the better half of the two: but the charitable man serves God and serves thy need: and both joyn to provide for thee, and God blesses both. But if he takes away the flesh-pots from thee, he can also alter the appetite, and he hath given thee power and commandment to restrain it: and if he lessens the revenue, he will also shrink the

necessity; or if he gives but a very little, he will make it go a great way; or if he sends thee but a course diet, he will bless it and make it healthful, and can cure all the anguish of thy poverty by giving thee patience, and the grace of Contentedness. For the grace of God secures you of provisions, and yet the grace of God feeds and supports the spirit in the want of provisions; and if a thin table be apt to enfeeble the spirits of one used to feed better; yet the chearfulness of a spirit that is blessed will make a thin table become a delicacy, if the man was as well taught as he was fed, and learned his duty when he received the blessing. Poverty therefore is in some senses eligible and to be preferred before riches, but in all senses it is very tolerable.

### *Death of Children, or nearest Relatives and Friends.*

There are some persons who have been noted for excellent in their lives and passions, rarely innocent, & yet hugely penitent for indiscretions and harmless infirmities: such as was *Paulina*, one of the ghostly children of S. *Hierom*; and yet when any of her children died, she was arrested with a sorrow so great as brought her to the margent of her grave. And the more tender our spirits are made by Religion, the more easie we are to let in grief, if the cause be innocent, and be but in any sense twisted with piety and due affections. * To cure which we may consider that all the world must die, and therefore to be impatient at the death of a person concerning whom it was certain and known that he must die, is to mourn because thy friend or child was not born an Angel; and when thou hast a while made thy self miserable by an importunate and useless grief, it may be thou shalt die thy self, and leave others to their choice whether they will mourn for thee or no: but by that time it will appear how impertinent that grief was which served no end of life, and ended in thy own funeral. But what great matter

is

is it if ſparks fly upward, or a ſtone falls into a pit; if that which was combuſtible be burned, or that which was liquid be melted, or that which is mortal do die? It is no more then a man does every day: for every night death hath gotten poſſeſſion of that day, and we ſhall never live that day over again; and when the laſt day is come, there are no more days left for us to die. And what is ſleeping and waking, but living and dying? what is Spring and Autumn, youth and old age, morning and evening, but real images of life and death, and really the ſame to many conſiderable effects and changes?

*Untimely death.*

But it is not mere dying that is pretended by ſome as the cauſe of their impatient mourning, but that the child died young, before he knew good and evil, his right hand from his left, and ſo loſt all his portion of this world, and they know not of what excellency his portion in the next ſhall be. *If he died young, he loſt but little, for he underſtood but little, and had not capacities of great pleaſures or great cares: but yet he died innocent, and before the ſweetneſs of his Soul was defloured and raviſhed from him by the flames and follies of a froward age: he went out from the dining-room before he had fallen into error by the intemperance of his meat, or the deluge of drink: and he hath obtained this favour of God, that his Soul hath ſuffered a leſs impriſonment, and her load was ſooner taken off, that he might with leſſer delays go and converſe with immortal ſpirits: and the babe is taken into Paradiſe before he knows good and evil. (For that knowledge threw our great Father out, and this ignorance returns the child thither.) * But (as concerning thy own particular) remove thy thoughts back to thoſe days in which thy child was not born, and you are now but as then you were, and there is no difference, but that you had a ſon born: and if you reckon that for evil, you are thankful for the bleſſing; if it be good, it is better that you had

Itidem si puer parvulus occidat, æquo animo ferendum putant; si verò in cunis, nè querendum quidem: atqui hoc acerbius exegit natura quod dederit. Atid quidem in cæteris rebus mel us putatur, aliquam partem quam nullam attingere. *Senec.*

the blessing for a while then not at all; and yet if he had never been born, this sorrow had not been at all. But be no more displeased at God for giving you a blessing for a while, then you would have been if he had not given it at all; and reckon that intervening blessing for a gain, but account it not an evil; and if it be a good, turn it not into sorrow and sadness. *But if we have great reason to complain of the calamities and evils of our life, then we have the less reason to grieve that those whom we loved have so small a portion of evil assigned to them. And it is no small advantage that our children dying young receive: For their condition of a blessed immortality is rendred to them secure by being snatch: from the dangers of an evil choice, and carried to their little cells of felicity, where they can weep no more. And this the wisest of the Gentiles understood well, when they forbad any offerings or libations to be made for dead Infants as was usual for their other dead; as believing they were entered into a secure possession, to which they went with no other condition, but that they passed into it through the way of mortality, and for a few months wore an uneasie garment. And let weeping parents say, if they do not think that the evils their little babes have suffered are sufficient. If they be, why are they troubled that they were taken from those many and greater, which in succeeding years are great enough to try all the Reason and Religion which art and nature and the grace of God hath produced in us, to enable us for such sad contentions? And possibly we may doubt concerning men and women, but we cannot suspect that Infants death can be such an evil; but that it brings to them much more good then it takes from them in this life.

*Death unſeaſonable.*

But others can well bear the death of Infants: but when they have ſpent ſome years of childhood or youth, and are entred into arts and ſociety, when they are hopeful and provided for, when the parents are to reap the comfort of all their fears and cares, then it breaks the ſpirit to loſe them. This is true in many; but this is not love to the dead, but to themſelves; for they miſs what they had flattered themſelves into by hope and opinion: and if it were kindneſs to the dead, they may conſider, that ſince we hope he is gone to God and to reſt, it is an ill expreſſion of our love to them, that we weep for their good fortune. For that life is not beſt which is longeſt: and when they are deſcended into the grave, it ſhall not be inquired how long they have lived, but how well: and yet this ſhortening of their days is an evil wholly depending upon opinion. For if men did naturally live but twenty years, then we ſhould be ſatisfied if they died about ſixteen or eighteen; and yet eighteen years now are as long as eighteen years would be then: and if a man were but of a day's life, it is well if he laſts till Evenſong, and then ſays his Compline an hour before the time: and we are pleaſed and call not that death immature if he lives till ſeventy; and yet this age is as ſhort of the old periods before and ſince the floud, as this youths age (for whom you mourn) is of the preſent fulneſs. Suppoſe therefore a decree paſſed upon this perſon, (as there have been many upon all mankind) and God hath ſet him a ſhorter period; and then we may as well bear the immature death of the young man, as the death of the oldeſt men: for they alſo are immature and unſeaſonable in reſpect of the old periods of many generations. *And why are we troubled that he had arts and ſciences before he died? or are we troubled that he does not live to make uſe of them? The firſt is cauſe of joy, for they are excellent in order to certain ends: And the ſecond cannot be cauſe of

Juvenis relinquit vitam quem Dii diligunt, *Menand.*

for-

ſorrow, becauſe he hath no need to uſe them as the caſe now ſtands, being provided for with the proviſions of an Angel, and the manner of eternity. However, the ſons and the parents, friends and relatives are in the world like hours and minutes to a day. The hour comes and muſt paſs; and ſome ſtay but minutes, and they alſo paſs, and ſhall never return again. But let it be conſidered, that from the time in which a man is conceived, from that time forward to Eternity he ſhall never ceaſe to be: and let him dy young or old, ſtill he hath an immortal Soul, and hath laid down his body only for a time, as that which was the inſtrument of his trouble and ſorrow, and the ſcene of ſickneſſes and diſeaſe. But he is in a more noble manner of being after death then he can be here: and the child may with more reaſon be allowed to cry for leaving his mother's womb for this world, then a man can for changing this world for another.

*Sudden death or violent.*

Others are yet troubled at the manner of their child's or friend's death. He was drowned, or loſt his head, or died of the plague; and this is a new ſpring of ſorrow. But no man can give a ſenſible account, how it ſhall be worſe for a child to die with drowning in half an hour, then to endure a Fever of one and twenty days. And if my friend loſt his head, ſo he did not loſe his Conſtancy and his Religion, he died with huge advantage.

*Being Childleſs.*

But by this means I am left without an Heir. Well, ſuppoſe that; Thou haſt no Heir, and I have no inheritance: and there are many Kings and Emperours that have died childleſs, many Royal lines are extinguiſhed: and *Auguſtus Cæſar* was forced to adopt his wife's ſon to inherit all the *Roman* greatneſs. And there are many wiſe perſons that never married: and we

we read no where that any of the children of the Apostles did survive their Fathers: and all that inherit anything of Christ's kingdom come to it by adoption, not by natural inheritance: and to die without a natural heir is no intolerable evil, since it was sanctified in the person of *Jesus*, who died a Virgin.

*Evil or unfortunate Children.*

And by this means we are freed from the greater sorrows of having a fool, a swine, or a goat to rule after us in our families: and yet even this condition admits of comfort. For all the wild *Americans* are supposed to be the sons of *Dodonaim*; and the sons of *Jacob* are now the most scattered and despised people in the whole world. The son of *Solomon* was but a silly weak man; and the son of *Hezekiah* was wicked: and all the fools and barbarous people, all the thieves and pirates, all the slaves and miserable men and women of the world are the sons and daughters of *Noah*: and we must not look to be exempted from that portion of sorrow which God gave to *Noah* and *Adam*, to *Abraham*, to *Isaac* and to *Jacob*: I pray God send us into the lot of *Abraham*. But if any thing happens worse to us, *it is enough for us that we bear it evenly.*

Κρεῖσσον υἱὸν κακὸν εἶναι ἢ σε κακοδαίμονα. Epict.

σοὶ δ' ἀρκείτω τὸ εὐσταθεῖν.

*Our own Death.*

And how if you were to die your self? you know you must. Only be ready for it, by the preparations of a good life; and then it is the greatest good that ever happened to thee: else there is nothing that can comfort you. But if you have served God in a holy life, send away the women and the weepers, tell them it is as much intemperance to weep too much as to laugh too much; and when thou art alone, or with fitting company, dy as thou shouldest, but do not dy impatiently, and like a fox catched in a trap. For if you fear death, you shall never the more avoid it, but you make it miserable. *Fannius* that kill'd himself for

Ad fines cùm perveneris, nè revertito. Pythag.

for fear of death died as certainly as *Porcia* that ate burning coals, or *Cato* that cut his own throat. To dy is necessary and natural, and it may be honourable: but to dy poorly, and basely, and sinfully, that alone is it that can make a man unfortunate. No man can be a slave but he that fears pain, or fears to dy. To such a man nothing but chance and peaceable times can secure his duty, and he depends upon things without for his felicity; and so is well but during the pleasure of his enemy, or a Thief or a Tyrant, or it may be of a dog or a wild bull.

ἡ κατθανεῖν δεινὸν, ἀλλ' αἰσχρῶς θανεῖν.

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*Prayers for the several Graces and parts of Christian Sobriety.*

*A Prayer against Sensuality.*

O Eternal Father, thou that sittest in Heaven invested with essential Glories and Divine perfections, fill my Soul with so deep a sense of the excellencies of spiritual and heavenly things, that my affections being weaned from the pleasures of the world, and the false allurements of sin, I may with great severity and the prudence of a holy discipline and strict desires, with clear resolutions and a free spirit, have my conversation in Heaven and heavenly imployments; that being in affections as in my condition a Pilgrim and a stranger here, I may covet after and labour for an abiding City, and at last may enter into and for ever dwell in the Celestial *Jerusalem*, which is the mother of us all, through *Jesus* Christ our Lord. *Amen.*

*For Temperance.*

O Almighty God and gracious Father of men and Angels, who openest thy hand and fillest all things with plenty, and hast provided for thy servant sufficient to satisfie all my needs; teach me to use thy creatures soberly and temperately, that I may not with loads

loads of meat or drink make the temptations of my enemy to prevail upon me, or my ſpirit unapt for the performance of my duty, or my body healthleſs, or my affections ſenſual and unholy. O my God, never ſuffer that the bleſſings which thou giveſt me may either miniſter to ſin or ſickneſs, but to health and holineſs and thankſgiving, that in the ſtrength of thy proviſions I may chearfully and actively and diligently ſerve thee, that I may worthily feaſt at thy table here, and be accounted worthy through thy grace to be admitted to thy table hereafter at the eternal ſupper of the Lamb, to ſing an Allelujah to God the Father, the Son, and the holy Ghoſt, for ever and ever. *Amen.*

*For Chaſtity: to be ſaid eſpecially by unmarried perſons.*

ALmighty God, our moſt holy and eternal Father, who art of pure eyes, and canſt behold no uncleanneſs; let thy gracious and holy Spirit deſcend upon thy ſervant, and reprove the ſpirit of Fornication and Uncleanneſs, and caſt him out, that my body may be a holy Temple, and my Soul a Sanctuary to entertain the PRINCE of purities, the holy and eternal Spirit of God. O let no impure thoughts pollute that Soul which God hath ſanctified; no unclean words pollute that tongue which God hath commanded to be an Organ of his praiſes; no unholy and unchaſt Action rend the veil of that Temple where the holy *Jeſus* hath been pleaſed to enter, and hath choſen for his habitation: but ſeal up all my ſenſes from all vain objects, and let them be intirely poſſeſſed with Religion, and fortified with prudence, watchfulneſs and mortification; that I poſſeſſing my veſſel in holineſs, may let it down with a holy hope, and receive it again in a joyful reſurrection, through *Jeſus* Chriſt our Lord. *Amen.*

*A Prayer*

*A Prayer for the love of God, to be ſaid by Virgins and Widows, profeſſed or reſolved ſo to live: and may be uſed by any one.*

O Holy and pureſt *Jeſu*, who wert pleaſed to eſpouſe every holy Soul, and joyn it to thee with a holy union and myſterious inſtruments of religious ſociety and communications; O fill my ſoul with Religion and deſires, holy as the thoughts of Cherubim, paſſionate beyond the love of women; that I may love thee as much as ever any creature loved thee, even with all my Soul, and all my faculties, and all the degrees of every faculty: let me know no loves but thoſe of duty and charity, obedience and devotion; that I may for ever run after thee, who art the King of Virgins, and with whom whole kingdoms are in love, and for whoſe ſake Queens have died, and at whoſe feet Kings with joy have laid their Crowns and Scepters. My Soul is thine, O deareſt *Jeſu*, thou art my Lord, and haſt bound up my eyes and heart from all ſtranger affections; give me for my dowry purity and humility, modeſty and devotion, charity and patience, and at laſt bring me into the Bride-chamber to partake of the felicities, and to lie in the boſom of the Bridegroom to eternal ages, O holy and ſweeteſt Saviour *Jeſus. Amen.*

*A Prayer to be ſaid by Married perſons in behalf of themſelves and each other.*

O Eternal and gracious Father, who haſt conſecrated the holy eſtate of Marriage to become myſterious, and to repreſent the union of Chriſt and his Church, let thy holy Spirit ſo guide me in the doing the duties of this ſtate that it may not become a ſin unto me; nor that liberty which thou haſt hallowed by the holy *Jeſu*, become an occaſion of licentiouſneſs by my own weakneſs and ſenſuality: and do thou forgive all thoſe irregularities and too ſenſual applications which may have in any degree diſcompoſed my ſpirit

spirit and the severity of a Christian. Let me in all accidents and circumstances be severe in my duty towards thee, affectionate and dear to my Wife, [or Husband] a guide and good example to my family, and in all quietness, sobriety, prudence and peace, a follower of those holy pairs who have served thee with godliness and a good testimony. And the blessings of the eternal God, blessings of the right hand and of the left, be upon the Body and Soul of thy servant my Wife, [or Husband] and abide upon her [or him] till the end of a holy and happy life; and grant that both of us may live together for ever in the embraces of the holy and eternal *Jesus*, our Lord and Saviour. *Amen.*

### *A Prayer for the grace of Humility.*

O Holy and most gracious Master and Saviour *Jesus*, who by thy example and by thy precept, by the practice of a whole life and frequent discourses, didst command us to be meek and humble in imitation of thy incomparable sweetness and great humility; be pleased to give me the grace as thou hast given me the commandment: enable me to do whatsoever thou commandest, and command whatsoever thou pleasest. O mortifie in me all proud thoughts and vain opinions of my self: let me return to thee the acknowledgment and the fruits of all those good things thou hast given me, that by confessing I am wholly in debt to thee for them, I may not boast my self for what I have received, and for what I am highly accountable: and for what is my own, teach me to be ashamed and humbled, it being nothing but sin and misery, weakness and uncleanness. Let me go before my brethren in nothing but in striving to do them honour and thee glory, never to seek my own praise, never to delight in it when it is offered; that despising my self, I may be accepted by thee in the honours with which thou shalt crown thy humble and despised servants for *Jesus* his sake in the kingdom of eternal glory. *Amen.*

*Acts*

*Acts of Humility and Modesty by way of Prayer and Meditation.*

I.

Lord, I know that my spirit is light and thorny, my body is brutish and exposed to sickness; I am constant to folly, and inconstant in holy purposes. My labours are vain and fruitless; my fortune full of change and trouble, seldom pleasing, never perfect: my wisedom is folly; being ignorant even of the parts and passions of my own body: and what am I, O Lord, before thee but a miserable person, hugely in debt, not able to pay?

II.

Lord, I am nothing, and I have nothing of my self: I am less then the least of all thy mercies.

III.

What was I before my birth? First, nothing, and then uncleanness. What during my childhood? weakness and folly. What in my youth? folly still and passion, lust and wildness. What in my whole life? a great sinner, a deceived and an abused person. Lord, pity me, for it is thy goodness that I am kept from confusion and amazement, when I consider the misery and shame of my person, and the defilements of my nature.

IV.

Lord, what am I? and, Lord, what art thou? *What is man that thou art mindful of him, and the son of man that thou so regardest him?*

V.

*How can man be justified with God? or how can he be clean that is born of a Woman? Behold even to the Moon, and it shineth not, yea, the Stars are not pure in his sight: How much less Man that is a Worm, and the son of man which is a Worm?* Job 25. 4, &c.

*A Prayer*

*A Prayer for a contented spirit, and the grace of Moderation and Patience.*

O Almighty God, Father and Lord of all the creatures, who hast disposed all things and all chances so as may best glorifie thy Wisdom, and serve the ends of thy Justice, and magnifie thy Mercy, thy secret and undiscernible ways bringing good out of evil; I most humbly beseech thee to give me wisdom from above, that I may adore thee, and admire thy ways and foot-steps, which are in the great Deep and not to be searched out: teach me to submit to thy providence in all things, to be content in all changes of person and condition, to be temperate in prosperity, and to read my duty in the lines of thy mercy, and in adversity to be meek, patient and resigned; and to look through the cloud, that I may wait for the consolation of the Lord, and the day of Redemption; in the mean time doing my duty with an unwearied diligence, and an undisturbed resolution, having no fondness for the vanities or possessions of this World, but laying up my hopes in Heaven and the rewards of holy living, and being strengthened with the Spirit of the inner Man, through *Jesus* Christ our Lord. *Amen.*

## CHAP. III.

### Of Christian Justice.

Justice is by the Christian Religion injoyned in all its parts by these two propositions in Scripture: [ *Whatsoever ye would that men should do to you, even so do to them.* ] This is the measure of *commutative justice*, or of that justice which supposes exchange of things profitable for things profi-

table: that as I supply your need, you may supply mine; as I do a benefit to you, I may receive one by you: and because every man may be injured by another, therefore his security shall depend upon mine: if he will not let me be safe, he shall not be safe himself; (only the manner of his being punished is upon great reason both by God and all the World taken from particulars, and committed to a publick dis-interested person, who will do justice without passion both to him and to me) if he refuses to do me advantage, he shall receive none when his needs require it. And thus *God gave necessities* to Men, that all men might need; and *several abilities* to several persons, that each man might help to supply the publick needs, and by joyning to fill up all wants, they may be knit together by justice, as the parts of the World are by nature: and *he hath made all obnoxious* to injuries, and made every little thing strong enough to do us hurt by some instrument or other; and hath given us all a sufficient stock of self-love, and desire of self-preservation, to be as the chain to tie together all the parts of society, and to restrain us from doing violence, lest we be violently dealt with all our selves.

The other part of justice is commonly called Rom. 13. 7. *distributive*, and is commanded in this Rule, [*Render to all their dues, tribute to whom tribute is due, custom to whom custom, fear to whom fear, honour to whom honour. Owe no man any thing, but to love one another.*] This justice is distinguished from the first, because the obligation depends not upon contract or expres bargain, but passes upon us by virtue of some command of God, or of our Superiour, by nature or by grace, by piety or Religion, by trust or by office, according to that Commandment, [*As every man hath* 1 Pet 4. 10. *received the gift, so let him minister the same one to another, as good stewards of the manifold grace of God.*] And as the first considers an equality of persons in respect of the contract or particular necessity: this supposes a difference of persons, and no particular bargains, but such necessary intercourses as by the Laws of God

God or man are introduced. But I shall reduce all the particulars of both kinds to these four heads; 1. Obedience, 2. Provision, 3. Negotiation. 4. Restitution.

## SECT. I.

### *Of Obedience to our Superiours.*

OUr Superiours are set over us in affairs of the World, or the affairs of the Soul and things pertaining to Religion, and are called accordingly, *Ecclesiastical*, or *Civil*. Towards whom our duty is thus generally described in the New Testament. For *Temporal* or *Civil Governours* the Commands are these: [*Render to Cæsar the things that are Cæsar's*] and [*Let every soul be subject to the higher powers: For there is no power but of God: the powers that be are ordained of God. Whosoever therefore resisteth the power, resisteth the ordinance of God; and they that resist shall receive to themselves damnation*] and [*Put them in mind to be subject to principalities and powers, and to obey Magistrates*] and [*Submit yourselves to every ordinance of man, for the Lord's sake; whether it be to the King, as supreme, or unto Governours, as unto them that are sent by him for the punishment of evil doers, and the praise of them that do well.*] Rom. 13. 1. Titus 3. 1. 1 Pet. 2. 13.

For *Spiritual* or *Ecclesiastical Governours* thus we are commanded: [*Obey them that have the rule over you, and submit your selves, for they watch for your souls, as they that must give an account*] and [*Hold such in reputation*] and [*To this end did I write, that I might know the proof of you, whether ye be obedient in all things*] said S. *Paul* to the Church of *Corinth*. * Our duty is reducible to practice by the following Rules. Heb. 13. 17. Phil. 2. 29. 2 Cor. 2. 9.

### *Acts and duties of Obedience to all our Superiours.*

1. We must obey all humane laws appointed and

constituted by lawful Authority, that is, of the supreme power, according to the constitution of the place in which we live; all laws, I mean, which are not against the law of God.

2. In obedience to humane laws we must observe the letter of the Law where we can without doing violence to the reason of the Law, and the intention of the Law-giver: but where they cross each other, the charity of the Law is to be preferred before its discipline, and the reason of it before the letter.

3. If the general reason of the Law ceases in our particular, and a contrary reason rises upon us, we are to procure dispensation, or leave to omit the observation of it in such circumstances, if there be any persons or office appointed for granting it: but if there be none, or if it is not easily to be had, or not without an inconvenience greater then the good of the observation of the Law in our particular, we are dispensed withall in the nature of the thing, without farther process or trouble.

4. As long as the Law is obligatory, so long our obedience is due; and he that begins a contrary custom without reason, sins: but he that breaks the Law when the custom is entred and fixed, is excused; because it is supposed the legislative power consents, when by not punishing it suffers disobedience to grow up to a custom.

Mores leges perduxerunt in potestatem suam. Leges mori serviunt. *Plaut. Trinum.*

5. Obedience to humane laws must be *for conscience sake*: that is, because in such obedience publick order and charity and benefit is concerned, and because the Law of God commands us, therefore we must make a conscience in keeping the just Laws of Superiours: and although the matter before the making of the Law was indifferent, yet now the obedience is not indifferent, but next to the Laws of God, we are to obey the laws of all our Superiours, who the more publick they are, the first they are to be in the order of obedience.

Ἐξ ἀρχῆς μὲν οὐδὲν διαφέρον, ἢ πως ὁ δεῖνα διαφέρει. *Arist. eth. 5. cap. 7.*

6. Submit to the punishment and censure of the Laws, and seek not to reverse their judgment by oppo-

sing;

sing; but by submitting, or flying, or silence, to pass through it or by it as we can: and although from inferiour Judges we may appeal where the Law permits us, yet we must sit down and rest in the judgment of the Supream; and if we be wronged, let us complain to God of the injury, not of the persons, and he will deliver thy Soul from unrighteous Judges.

7. Do not believe thou hast kept the Law, when thou hast suffered the punishment. For although patiently to submit to the power of the sword be a part of Obedience, yet this is such a part as supposes another left undone: and the Law punishes, not because she is as well pleased in taking vengeance as in being obeyed, but because she is pleased, she uses punishment as a means to secure obedience for the future, or in others. Therefore although in such cases the Law is satisfied, and the injury and the injustice is paid for, yet the sins of irreligion, and scandal, and disobedience to God must still be so accounted for, as to crave pardon, and be washed off by repentance.

8. Humane Laws are not to be broken with scandal, nor at all without reason; for he that does it causelesly is a despiser of the Law, and undervalues the authority. For Humane Laws differ from Divine Laws principally in this: 1. That *the positive commands of a man* may be broken upon smaller and more reasons then *the positive commands of God*; we may upon a smaller reason omit to keep any of the fasting-days of the Church, then omit to give alms to the poor: only this, the reason must bear weight according to the gravity and concernment of the Law; a Law in a small matter may be omitted for a small reason, in a great matter not without a greater reason. And 2. *The negative precepts* of Men may cease by many instruments, by contrary customs, by publick disrelish, by long omission: but the *negative precepts* of God never can cease, but when they are expresly abrogated by the same Authority. But what those reasons are that can dispense with the command of a Man, a man may be his own Judge, and sometimes take his proportions from his

own reason and necessity, sometimes from publick fame, and the practice of pious and severe persons, and from popular customs; in which a man shall walk most safely when he does not walk alone, but a spiritual man takes him by the hand.

9. We must not be too forward in procuring dispensations; nor use them any longer then the reason continues for which we first procured them: for to be dispensed withal is an argument of natural infirmity, if it be necessary; but if it be not, it signifies an indisciplined and unmortified spirit.

10. We must not be too easie in examining the prudence and unreasonableness of humane Laws: for although we are not bound to believe them all to be the wisest; yet if by enquiring into the lawfulness of them, or by any other instrument we find them to fail of that wisdom with which some others are ordained, yet we must never make use of it to disparage the person of the Law-giver, or to countenance any man's disobedience, much less our own.

11. Pay that reverence to the person of thy Prince, of his Ministers, of thy Parents and spiritual Guides, which by the customes of the place thou livest in are usually paid to such persons in their several degrees: that is, that the highest reverence be paid to the highest person, and so still in proportion; and that this reverence be expressed in all the circumstances and manners of the City and Nation.

12. Lift not up thy hand against thy Prince or Parent upon what pretence soever: but bear all personal affronts and inconveniences at their hands, and seek no remedy but by patience and piety, yielding and praying, or absenting thy self.

13. *Speak not evil of the Ruler of thy people*, neither *curse thy Father or Mother*, nor revile thy spiritual Guides, nor discover and lay naked their infirmities: but treat them with reverence and religion, and preserve their authority sacred by esteeming their persons venerable.

14. Pay

14. Pay tribute and customs to Princes according to the Laws, and maintenance to thy Parents according to their necessity, and honourable support to the Clergy according to the dignity of the work, and the customs of the place.

15. Remember always that duty to our Superiours is not an act of commutative justice, but of distributive: That is, although Kings and Parents and spiritual Guides are to pay a great duty to their inferiours, the duty of their several charges and government; yet the good government of a King and of Parents are actions of *Religion* as they relate to God, and of *Piety* as they relate to their people and families. And although we usually call them *just Princes* who administer their Laws exactly to the People, because the actions are in the manner of *Justice*; yet in propriety of speech they are rather to be called *Pious* and *Religious*. For as he is not called a *just Father* that educates his children well, but *pious*; so that Prince who defends and well rules his people is *Religious*, and does that duty for which alone he is answerable to God. The consequence of which is this, so far as concerns our duty: If the Prince or Parent fail of their duty, we must not fail of ours; for we are answerable to them and to God too, as being accountable to all our Superiours, and so are they to theirs: they are above us, and God is above them.

### *Remedies against Disobedience, and means to endear our Obedience by way of consideration.*

1. Consider that all authority descends from God, and our Superiours bear the image of the Divine Power, which God imprints on them as on an image of clay, or a coin upon a less perfect metal, which who so defaces, shall not be answerable for the loss or spoil of the materials, but the defacing the King's Image: and in the same measure will God require it at our hands, if we despise his authority upon whomsoever

ever he hath imprinted it. *He that despiseth you, despiseth me.* And *Dathan* and *Abiram* were said to be *gathered together against the Lord.* And this was S. *Paul*'s argument for our obedience; [*The powers that be, are ordained of God.*]

2. There is very great peace and immunity from sin in resigning our wills up to the command of others: for provided that our duty to God be secured, their commands are warrants to us in all things else; and the case of conscience is determined, if the command be evident and pressing: and it is certain, the action that is but indifferent, and without reward, if done only upon our own choice, is an act of duty and of Religion, and rewardable by the grace and favour of God, if done in obedience to the command of our Superiours. For since naturally we desire what is forbidden us, (and sometimes there is no other evil in the thing but that it is forbidden us) God hath in grace enjoyned and proportionably accepts obedience, as being directly opposed to the former irregularity; and it is acceptable, although there be no other good in the thing that is commanded us, but that it is commanded.

3. By obedience we are made a society and a republick, and distinguished from herds of Beasts, and heaps of flies, who do what they list, and are incapable of Laws, and obey none, and therefore are killed and destroyed, though never punished, and they never can have a reward.

4. By obedience we are rendred capable of all the blessings of Government, signified by S. *Paul* in these words, [*He is the minister of God to thee for good*] and by S. *Peter* in these, [*Governours are sent by him for the punishment of evil-doers, and for the praise of them that do well.*] And he that ever felt or saw, or can understand the miseries of confusion in publick affairs, or amazement in a heap of sad, tumultuous and indefinite thoughts, may from thence judge of the admirable effects of order, and the beauty of Government. What health is to the body, and peace is to the spirit, that is Government to the societies of men, the

Rom. 13. 4.
1 Pet. 2. 14.

the greateſt bleſſing which they can receive in that temporal capacity.

5. No man ſhall ever be fit to govern others that knows not firſt how to obey. For if the ſpirit of a Subject be rebellious, in a Prince it will be tyrannical and intolerable, and of ſo ill example, that as it will encourage the diſobedience of others, ſo it will render it unreaſonable for him to exact of others what in the like caſe he refuſed to pay.

6. There is no ſin in the World which God hath puniſht with ſo great ſeverity and high deteſtation as this of Diſobedience. For the crime of Idolatry God ſent the ſword amongſt his people; but it was never heard that the Earth opened and ſwallowed up any but rebels againſt their Prince.

7. Obedience is better then the particular actions of Religion; and he ſerves God better that follows his Prince in lawful ſervices, then he that refuſes his command upon pretence he muſt go ſay his prayers. But Rebellion is compared to that ſin which of all ſin ſeems the moſt unnatural and damned impiety. *Rebellion is as the ſin of Witchcraft.*

8. Obedience is a complicated act of vertue, and many graces are exerciſed in one act of obedience. It is an act humility, of mortification and ſelf-denial, of charity to God, of care of the publick, of order and charity to our ſelves and all our ſociety, and a great inſtance of a victory over the moſt refractory and unruly paſſions.

9. To be a ſubject is a greater temporal felicity then to be a King: for all eminent Governments according to their height have a great burthen, huge care, infinite buſineſs, (a) little reſt, innumerable fears; and all that he enjoys above another is, that he does enjoy the things of the World with other circumſtantes, and a bigger noiſe; and if others go at his ſingle command, it is alſo certain he muſt ſuffer inconvenience at the needs and diſturbances of all his people:

(a) Οὐ χρὴ παννύχιον εὕδειν βουληφόρον ἄνδρα, Homer. Il. β'.
Ὦ λαοί τ' ὀπιτετράφαται καὶ τέσσα μέμηλε.

and

and the evils of one man and of one Family are not enough for him to bear, unleſs alſo he be almoſt cruſhed with the evils of Mankind. He therefore is an ingrateful perſon that will preſs the ſcales down with a voluntary load, and by diſobedience put more thorns into the Crown or Mitre of his Superiour. Much better is the advice of Saint *Paul*, *Obey them that have the rule over you, as they that muſt give an account for your ſouls, that they may do it with joy and not with grief: for* (beſides that it is unpleaſant to them) *it is unprofitable for you.*

10. The Angels are miniſtring ſpirits, and perpetually execute the will and commandment of God: and all the wiſe men and all the good men of the World are obedient to their Governours; and the eternal Son of God eſteemed it his *Meat and drink to do the will of his father*, and for his obedience alone obtained the greateſt glory: and no man ever came to perfection but by Obedience: and thouſands of Saints have choſen ſuch inſtitutions and manners of living, in which they might not chuſe their own work, nor follow their own will, nor pleaſe themſelves, but be accountable to others, and ſubject to diſcipline, and obedient to command, as knowing this to be the high-way of the Croſs, the way that the *King of Sufferings* and humility did chuſe, and ſo became the *King of glory*.

11. No man ever periſhed who followed firſt the will of God, and then the will of his ſuperiours; but thouſands have been damned meerly for following their own will, and relying upon their own judgments, and chuſing their own work, and doing their own fancies. For if we begin with our ſelves, whatſoever ſeems good in our eyes is moſt commonly diſpleaſing in the eyes of God.

12. The ſin of rebellion, though it be a ſpiritual ſin, and imitable by Devils, yet it is of that diſorder, unreaſonableneſs and impoſſibility amongſt intelligent ſpirits, that they never murmured or mutined in their lower ſtations againſt their Superiours. Nay, the good Angels of an inferiour Order durſt not revile a Devil

of

of a higher Order. This conſideration which I reckon to be moſt preſſing in the diſcourſes of reaſon, and obliging next to the neceſſity of a Divine precept, we learn from Saint *Jude*: [*Likewiſe alſo theſe filthy dreamers deſpiſe dominion and ſpeak evil of dignities. And yet* Michael *the Archangel, when contending with the Devil he diſputed about the body of* Moſes, *durſt not bring againſt him a railing accuſation.*

But becauſe our Superiours rule by their example, by their word or law, and by the rod, therefore in proportion there are ſeveral degrees and parts of obedience, or ſeveral excellencies and degrees towards perfection.

### *Degrees of Obedience.*

1. The firſt is *the obedience of the outward Work*: and this is all that Humane Laws of themſelves regard; for becauſe man cannot judge the heart, therefore it preſcribes nothing to it: the publick end is ſerved not by good wiſhes, but by real and actual performances; and if a man obeys againſt his will, he is not puniſhable by the Laws.

2. *The obedience of the Will*: and this is alſo neceſſary in our obedience to Humane Laws, not becauſe Man requires it for himſelf, but becauſe God commands it towards Man; and of it (although Man cannot, yet) God will demand an account. For we are to do it *as to the Lord, and not to men*; and therefore we muſt do it willingly. But by this means our obedience in private is ſecured againſt ſecret arts and ſubterfuges: and when we can avoid the puniſhment, yet we ſhall not decline our duty, but ſerve Man for God's ſake, that is, *chearfully, promptly, vigorouſly*; for theſe are the proper parts of willingneſs and choice.

3. The *Underſtanding muſt yield obedience in general*, though not in the particular inſtance; that is, we muſt be firmly perſwaded of the excellency of the obedience, though we be not bound in all caſes to think the

the particular Law to be moſt prudent. But in this our rule is plain enough. Our underſtanding ought to be inquiſitive whether the civil conſtitution agree with our duty to God, but we are bound to enquire no farther: And therefore beyond this, although he who, having no obligation to it, (as Counſellors have) inquires not at all into the wiſdom or reaſonableneſs of the Law, be not always the wiſeſt man, yet he is ever the beſt ſubject. For when he hath given up his underſtanding to his Prince and Prelate, provided that his duty to God be ſecured by a precedent ſearch, he hath alſo with the beſt, and with all the inſtruments in the world, ſecured his obedience to Man.

## SECT. II.

*Of Proviſion, or that part of Juſtice which is due from Superiours to Inferiours.*

AS God hath imprinted his authority in ſeveral parts upon ſeveral eſtates of Men, as Princes, Parents, Spiritual Guides: ſo he hath alſo delegated and committed parts of his care and providence unto them, that they may be inſtrumental in the conveying ſuch bleſſings which God knows we need, & which he intends ſhould be the effects of Government. For ſince God governs all the World as a King, provides for us as a Father, & is the great Guide and Conductor of our ſpirits as the Head of the Church, and the great Shepherd & Biſhop of our Souls; they who have portions of theſe dignities, have alſo their ſhare of the adminiſtration: the ſum of all which is uſually ſignified in theſe two words [*Governing*] and [*Feeding*,] and is particularly recited in theſe following rules.

*Duties of Kings, and all the Supreme power, as Law-givers.*

1. Princes of the people and all that have Legiſlative power muſt provide uſeful and good Laws for the

the defence of propriety, for the incouragement of labour, for the safeguard of their persons, for determining controversies, for reward of noble actions and excellent arts and rare inventions, for promoting trade, and inriching their people.

2. In the making Laws Princes must have regard to the publick dispositions, to the affections and disaffections of the people, and must not introduce a Law with publick scandal and displeasure; but consider the publick benefit, & the present capacity of affairs, and general inclinations of mens minds. For he that inforces a Law upon a people against their first and publick apprehensions tempts them to disobedience, and makes Laws to become snares and hooks to catch the people, and to inrich the treasury with the spoil and tears and curses of the Commonalty, and to multiply their mutiny and their sin.

Omittenda potiùs prævalida & adulta vitia, quàm hoc adsequi ut palàm fiat quibus flagitiis impares simus. *Tacit.*

3. Princes must provide that the Laws be duly executed: for a good Law without execution is like an unperformed promise: and therefore they must be severe exactors of accounts from their Delegates and Ministers of Justice.

4. The severity of Laws must be tempered with dispensations, pardons, and remissions, according as the case shall alter, and new necessities be introduced, or some singular accident shall happen, in which the Law would be unreasonable or intolerable as to that particular. And thus the people with their importunity prevailed against *Saul* in the case of *Jonathan*, and obtained his pardon for breaking the Law which his Father made, because his necessity forced him to taste honey, and his breaking the Law in that case did promote that service whose promotion was intended by the Law.

ἐπεὶ καὶ ἄξιον ἐπανόρθωμα νόμου ἢ ἐλλείπει διὰ τὸ καθόλου. *Eth. 5. c. 10.*

5. Princes must be Fathers of the people, and provide such instances of gentleness, ease, wealth and advantages, as may make mutual confidence between them; and must fix their security under God in the love of the people, which therefore they must with all arts of sweetness, remission, popularity, nobleness and sincerity endeavour to secure to themselves.

6. Princes

6. Princes must not multiply publick Oaths without great, eminent and violent necessity, lest the security of the King become a snare to the People, and they become false when they see themselves suspected, or impatient when they are violently held fast. But the greater and more useful caution is upon things then upon persons: and if security of Kings can be obtained otherwise, it is better that Oaths should be the last refuge, and when nothing else can be sufficient.

L'avaritia de Re, peste de regni.

7. Let not the People be tempted with arguments to disobey, by the imposition of great and unnecessary taxes: for that lost to the son of *Solomon* the dominion of the ten Tribes of *Israel*.

8. Princes must in a special manner be Guardians of Pupils and Widows, not suffering their persons to be oppressed, or their states imbezill'd, or in any sense be exposed to the rapine of covetous persons, but be provided for by just Laws and provident Judges, and good Guardians, ever having an ear ready open to their just complaints, and a heart full of pity, and one hand to support them, and the other to avenge them.

9. Princes must provide that the Laws may be so administred, that they be truly and really an ease to the People, not an instrument of vexation: and therefore must be careful that the shortest and most equal wayes of trials be appointed, fees moderated, an intricacies and windings as much cut off as may be, lest injured persons be forced to perish under the oppression, or under the Law, in the injury, or in the suit. Laws are like Princes, those best and most beloved who are most easie of access.

Chi compra il magistrato forza e che veadra la giustitia.

10. Places of Judicature ought at no hand to be sold by pious Princes, who remember themselves to be Fathers of the People. For they that *buy the office* will *sell the act*, and they that at any rate will be Judges, will not at any easie rate do Justice; and their bribery is less punishable, when bribery opened the door by which they entred.

11. Ancient privileges, favours, customs, and Acts of grace indulged by former Kings to their People, must not

not without high reason and great necessities be revoked by their successors, nor forfeitures be exacted violently, nor penal Laws urged rigorously nor in light cases, nor laws be multiplied without great need, nor vicious persons, which are publickly and deservedly hated, be kept in defiance of popular desires, nor any thing that may unnecessarily make the yoke heavy & the affection light, that may increase murmurs and lessen charity; always remembring that the interest of the Prince and the People is so infolded in a mutual embrace, that they cannot be untwisted without pulling a lim off, or dissolving the bands and conjunction of the whole body.

12. All Princes must esteem themselves as *much bound* by their word, by their grants, and by their promises, as the meanest of their Subjects are by the restraint and penalty of Laws: and though they are superiour to the people, yet they are not superiour to their own voluntary concessions and ingagements, their promises and Oaths, when once they are passed from them.

Nulla lex (civilis) sibi soli conscientiam justitiæ suæ debet, sed eis à quibus obsequium expectat. *Tertul. Apologet.*

### *The duty of Superiours as they are Judges.*

1. Princes in Judgment and their Delegate Judges must judge the causes of all persons uprightly and impartially, without any personal consideration of the power of the mighty, or the bribe of the rich, or the needs of the poor. For although the poor must fare no worse for his poverty, yet in justice he must fare no better for it: And although the rich must be no more regarded, yet he must not be less. And to this purpose the Tutor of *Cyrus* instructed him, when in a controversie where a great Boy would have taken a large Coat from a little Boy, because his own was too little for him, and the other's was too big, he adjudged the great Coat to the great Boy: his Tutor answered, Sir, if you were made a Judge of decency or fitness, you had judged well in giving the biggest to the

the biggeſt; but when you were appointed Judge, not whom the Coat did fit, but whoſe it was, you ſhould have conſidered the title and the poſſeſſion, who did the violence, and who made it, or who bought it. And ſo it muſt be in judgments between the Rich and the Poor: it is not to be conſidered what the poor man needs, but what is his own.

2. A Prince may not, much leſs may inferiour Judges, deny juſtice when it is legally and competently demanded: and if the Prince will uſe his Prerogative in pardoning an offender againſt whom Juſtice is required, he muſt be careful to give ſatisfaction to the injured perſon, or his Relatives, by ſome other inſtrument; and be watchful to take away the ſcandal, that is, leſt ſuch indulgence might make perſons more bold to do injury: and if he ſpares the life, let him change the puniſhment into that which may make the offender (if not ſuffer juſtice, yet) do juſtice, and more real advantage to the injured perſon.

Theſe Rules concern Princes and their Delegates in the making or adminiſtring Laws, in the appointing rules of juſtice and doing acts of judgment. The duty of Parents to their Children and Nephews is briefly deſcribed by S. *Paul*.

### *The duty of Parents to their Children.*

Epheſ. 6. 4. 1. *Fathers, provoke not your children to wrath*: that is, be tender-bowell'd, pitiful and gentle, complying with all the infirmities of the Children, and in their ſeveral ages proportioning to them ſeveral uſages according to their needs and their capacities.

2. *Bring them up in the nurture and admonition of the Lord*: that is, ſecure their Religion, ſeaſon their younger years with prudent & pious principles, make them in love with vertue, and make them habitually ſo before they come to chuſe or diſcern good from evil, that their choice may be with leſs difficulty & danger. For while they are under diſcipline, they ſuck in all

that

that they are first taught, and believe it infinitely. Provide for them wise, learned and vertuous Tutors, and good company and discipline *, seasonable baptism, catechism and confirmation. For it is a great folly to heap up much wealth for our Children, and not to take care concerning the Children for whom we get it. It is as if a man should take more care about his shoe then about his foot.

Potior mihi ratio vivendi honestè, quàm & optimè dicendi, videtur. *Quintil. lib.* 1. *cap.* 2.

* Heb. 12. 9. Crates apud *Plutarch. de liber. educand.*

3. *Parents must* * *shew piety at home*; that is, they must give good example and reverent deportment in the face of their children; and all those instances of charity which usually endear each other, sweetness of conversation, affability, frequent admonition, all significations of love and tenderness, care & watchfulness, must be expressed towards Children, that they may look upon their Parents as their friends and patrons, their defence and sanctuary, their treasure and their Guide. Hither is to be reduced the nursing of Children, which is the first and most natural and necessary instance of piety which mothers can shew to their Babes; a duty from which nothing will excuse, but a disability, sickness, danger, or publick necessity.

* 1 Tim. 5. 4.

4. Parents must *provide for their own* according to their condition, education, and employment; called by Saint *Paul*, *a laying up for their Children*; that is, an enabling them by competent portions, or good trades, arts or learning, to defend themselves against the chances of the world; that they may not be exposed to temptation, to beggery, or unworthy arts. And although this must be done without covetousness, without impatient and greedy desires of making them rich; yet it must be done with much care and great affection, with all reasonable provision, and according to our power: and if we can without sin improve our estates for them, that also is part of the duty we owe to God for them. And this rule is to extend to all that descend from us, although we have been overtaken in a fault, and have unlawful issue; they also become part of our care, yet so as not to injure the production of the lawful bed.

1 Tim. 5. 1.

5. This duty is to extend to a provision of conditions and an estate of life.(*a*) Parents must according to their power and reason provide Husbands or Wives for their Children (*b*). In which they must secure piety and (*c*) Religion, and the affection and love of the interested persons; and after these let them make what provisions they can for other conveniences or advantages: Ever remembring that they can do no injury more afflictive to the children, then to joyn them with cords of a disagreeing affection: it is like tying a Wolf and a Lamb, or planting the Vine in a Garden of Coleworts. Let them be perswaded with reasonable inducements to make them willing, and to chuse according to the parents wish, but at no hand let them be forced. Better to sit up all night, then to go to bed with a Dragon.

(*a*) Νυμφευμάτων μὲν τῶν ἐμῶν πατὴρ ἐμὸς
Μέριμναν ἔξει, καὶ οὐκ ἐμὸν κρίνειν τάδε. *Eurip. Electr.*
Me tibi Tyndareus vitâ gravis auctor & annis
Tradidit: arbitrium neptis habebat avus.
*Ovid. in Epist. Hermiones.*

(*b*) Liberi sine consensu parentum contrahere non debent. Andromacha apud Euripidem cùm petita fuit ad nuptias, respondit, patris sui esse sponsalium suorum curam habere: & Achilles apud Homerum Regis filiam sine patris sui consensu noluit ducere. *Il.* 10. Ἦν γὰρ δή με σόωσι θεοὶ, καὶ οἴκαδ' ἵκωμαι, Πηλεὺς τῶν μοι ἔπειτα γυναῖκα γαμέσσεται αὐτός. Et Justinianus Imp. ait, naturali simul & civili rationi congruere, nè filii ducant uxores citra Parentum authoritatem. Simo Terentianus parat abdicationem, quia Pamphilus clam ipso duxisset uxorem. Istiusmodi sponsalia fiunt irrita, nisi velint parentes: At si subsequuta est copula, nè temere rescindantur connubia multæ suadent cautiones & pericula. Liberi autem quamdiu secundùm leges patrias sui juris non sunt, clandestinas nuptias si ineant, peccant contra quintum præceptum, & jus naturale Secundarium. Propriè enim loquendo, Parentes non habent ἐξουσίαν, sive potestatem, sed authoritatem; habent jus jubendi aut prohibendi, sed non irritum faciendi. Atque etiam ista authoritas exercenda est secundùm æquum & bonum; scil. ut nè morosus & difficilis sit Pater. Mater enim vix habet aliquod Juris præter suasionis & amoris & gratitudinis. Si autem Pater filiam non collocâsset ante 25 annos, filia nubere poterat cui voluerat, ex Jure Romanorum. Patrum enim authoritas major aut minor est ex legibus patriis, & solet extendi ad certam ætatem, & tum exspirat quoad Matrimonium; & est major in filias quàm filios. *Num.* 30.

(*c*) Eosdem quos maritus nôsse deos & colere solos uxor debet; supervacaneis autem religionibus & aliènis superstitionibus fores occludere. Nulli enim Deûm grata sunt sacra quæ mulier clanculùm & furtim facit. *Plutarch. Conjug. Præcept. Gen.* 24. Vocemus puellam, & quæramus os ejus.

*The duty of Husbands, &c.*

See Chap. 2. Sect. 3.

Rules

*Rules for married persons.*

1. Husbands must give to their Wives love, maintenance, duty, and the sweetnesses of conversation; [and Wives * must pay to them all they have or can with the interest of obedience & reverence:] and they must be complicated in affections and interest, that there be no distinction between them of *Ming and Thine.* And if the title be the man's or the woman's, yet the use must be common: only the wisdom of the man is to regulate all extravagancies and indiscretions. In other things no question is to be made; and their goods should be as their children, not to be divided, but of one possession and provision: whatsoever is otherwise, is not marriage, but merchandise. And upon this ground I suppose it was, that S. *Basil* commended that woman who took part of her Husband's goods to do good works withall: for supposing him to be unwilling, and that the work was his duty or hers alone, or both theirs in conjunction, or of great advantage to either of their Souls, and no violence to the support of their families, she hath right to all that: And *Abigail* of her own right made a costly present to *David*, when her husband *Nabal* had refused it. The Husband must (*a*) rule over his Wife, as the Soul does over the body, obnoxious to the same sufferings, and bound by the same affections, and doing or suffering by the permissions and interest of each other: that (as the old Philosopher said)

Σοὶ ὃ θεοὶ πόσιν ὦδεν———
Ἀνδρὸς τε, ᾧ οἴκαδ᾽ ἵκῃ, ἠ ὁμοφρονέοντε νοήσαι
Ἐσθλά. μάλα γὰρ τε γόος καὶ κήδεα πάσχει,
Ἥ θὴ ὁμοφρονέοντε γυναικὸς οἶκον ἴκηται
Ἀνὴρ ἠδὲ γυνή. πολλ᾽ ἄλγεα δυσμενέεσσι,
Χάρμαλα δ᾽ ἐυμενέτῃσι, μάλιστα δέ τ᾽ ἐκλυον
αὐτοί. *Odyss.* 6.

Βάις᾽ ἑλκύδε φίλεον ὑφαιμέων περὶ κῆρ.
Τέτμω καταφθιμένοιο ἀνδρὸς ἑῆδεν γυνή. *Menand.*

Ἡ μᾶλλον φιλέων᾽ ἑλκόχεα μηρύσατο αἰθομένοιο
Ἀγχεσάδαο ὑπαὶ ὅτε οἱ ἀγαθὸς καὶ ἐπήφεσον,
Τὸν αὖτε φιλέει καὶ κήδεται, ὄφρ᾽ ὑγιὼς εἶεν
Ἐκ δουλοσύνης φιλέουσ᾽ ἀνεχήτην περ ἐοῦσαν.
*Homer. Il.* 10.

Καλὸν μὲν καὶ μέγα κτῆμα γυνὴ ἀνδρὶ τῷ εὐπειθὴς καὶ ὁμόνοια.

(a) Latum esse debet & officiosum mariti imperium. *Plut.* Namque ea et Pater & Frater, venerandáque Mater: Nec minus facit ad dignitatem viri si mulier eum suum Præceptorem, Philosophum, Magistrúmque appellet. *Plutarch.*

as the humours of the body are mingled with each other in the whole substances, so marriage may be a mixture of interests, of bodies, of minds, of friends, a conjunction (*a*) of the whole life, and the noblest of friendships. But if after all the fair deportments and innocent chast compliances, the Husband be morose and ungentle, let the (*b*) Wife discourse thus; If while I do my duty my Husband neglects me, what will he do if I neglect him? And if she thinks to be separated by reason of her Husband's unchast life, let her consider, that then the man will be uncurably ruined, and her rivals could wish nothing more then that they might possess him alone.

(*a*) Convictio est quasi quædam intentio benevolentiæ.
(*b*) Οὐ χρυσὸς, οὐ πυραμὶς, οὐ πλούτου χλιδὴ
Τοσοῦτον εἶχεν διαφόρους τὰς ἡδονὰς,
Ὡς ἀνδρὸς ἐσθλοῦ καὶ γυναικὸς εὐσεβοῦς
Γνώμη δικαία, καὶ φρονοῦσα τ' ἀνδρικά.
Inferior Matrona suo sit, Sexte, Marito:
Non aliter fiunt fœmina virque pares.

*The duty of Masters of Families.*

1. The same care is to extend to all of our family in their proportions as to our Children: for as by Saint *Paul*'s œconomy the Heir differs nothing from a servant while he is in minority; so a servant should differ nothing from a child in the substantial part of the care; and the difference is only in degrees. Servants and Masters are of the same kindred, of the same nature, and heirs of the same promises: and therefore * 1. must be provided of necessaries for their support and maintenance. 2. They must be used with mercy. 3. Their work must be tolerable and merciful. 4. Their restraints must be reasonable. 5. Their recreations fitting and healthful. 6. Their Religion and the interest of Souls taken care of. 7. And Masters must correct their Servants with gentleness, prudence and mercy; not for every slight fault, not always, not with upbraiding and disgraceful language, but with such only as may express and reprove the fault, and amend the person.

But

But in all these things measures are to be taken by the contract made, by the Laws and customs of the place, by the sentence of prudent and merciful men, and by the cautions and remembrances given us by God; such as is that written by S. *Paul*, [*as knowing that we also have a Master in Heaven.*] The Master must not be a lion in his house, lest his power be obeyed, and his person hated; his eye be waited on, and his business be neglected in secret. No servant will do his duty, unless he make a conscience, or love his Master: if he does it not for God's sake or his Master's, he will not need to do it always for his own.

*The duty of Guardians or Tutors.*

Tutors and Guardians are in the place of Parents; and what they are in fiction of Law, they must remember as an argument to engage them to do in reality of duty. They must do all the duty of Parents, excepting those obligations which are meerly natural.

¶ *The duty of Ministers and Spiritual Guides to the people is of so great burthen, so various rules, so intricate and busie caution, that it requires a distinct tractate by it self.*

## SECT. III.

*Of Negotiation, or Civil Contracts.*

THis part of Justice is such as depends upon the Laws of Man directly, and upon the Laws of God only by consequence and indirect reason; and from civil Laws or private agreements it is to take its estimate and measures: and although our duty is plain and easie, requiring of us honesty in contracts, sincerity in affirming, simplicity in bargaining, and faithfulness in performing; yet it may be helped by the addition of these following rules and considerations.

*Rules and measures of Justice in bargaining.*

1. In making contracts use not many words; for all the business of a bargain is summed up in few sentences: and he that speaks least, means fairest, as having fewer opportunities to deceive.

2. Lie not at all, neither in a little thing nor in a great, neither in the substance nor in the circumstance, neither in word nor deed: that is, pretend not what is false, cover not what is true, and let the measure of your affirmation or denial be the understanding of your contractor: for he that deceives the buyer or the seller, by speaking what is true in a sense not intended or understood by the other, is a liar and a thief. For in bargains you are to avoid not only what is *false*, but that also *which deceives*.

3. In prices of bargaining concerning uncertain Merchandises, you may buy as cheap ordinarily as you can, and sell as dear as you can, so it be 1. without violence; and 2. when you contract on equal terms with persons in all senses (as to the matter and skill of bargaining) equal to your self, that is, Merchants with Merchants, wise men with wise men, rich with rich; and 3. when there is no deceit, and no necessity, and no monopoly. For in these cases, *viz.* when the contractors are equal, and no advantage on either side, both parties are voluntary, and therefore there can be no injustice or wrong to either. But then add also this consideration, that the publick be not oppressed by unreasonable and unjust rates: for which the following rules are the best measure.

4. Let your prices be according to that measure of good and evil which is established in the fame and common accounts of the wisest and most merciful men skilled in that manufacture or commodity; and the gain such which without scandal is allowed to persons in all the same circumstances.

5. Let no prices be heightned by the necessity or unskilfulness of the Contractor; for the first is direct

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uncharitableneſs to the perſon, and injuſtice in the thing; (becauſe the mans neceſſity could not naturally enter into the conſideration of the value of the commodity;) and the other is deceit and oppreſſion. Much leſs muſt any man make neceſſities; as by ingroſſing a commodity, by monopoly, by detaining corn, or the like indirect arts: for ſuch perſons are unjuſt to all ſingle perſons with whom in ſuch caſes they contract, and oppreſſors of the publick.

6. In entercourſe with others do not do all which you may lawfully do; but keep ſomething within thy power: and becauſe there is a latitude of gain in buying and ſelling, take not thou the utmoſt peny that is lawful, or which thou thinkeſt ſo; for although it be lawful, yet it is not ſafe; and he that gains all that he can gain lawfully this year, poſſibly next year will be tempted to gain ſomething unlawfully.

7. He that ſells dearer by reaſon he ſells not for ready mony, muſt increaſe his price no higher then to make himſelf recompence for the loſs which according to the Rules of trade he ſuſtained by his forbearance, according to common computation, reckoning in alſo the hazard, which he is prudently, warily and charitably to eſtimate. But although this be the meaſure of his juſtice, yet becauſe it happens either to their friends, or to neceſſitous and poor perſons, they are in theſe caſes to conſider the rules of friendſhip and neighbourhood, and the obligations of charity, leſt juſtice turn into unmercifulneſs.

8. No man is to be raiſed in his price or rents in regard of any accident, advantage or diſadvantage of his perſon. A Prince muſt be uſed conſcionably as well as a common perſon, and a beggar be treated juſtly as well as a Prince; with this only difference, that to poor perſons the utmoſt meaſure and extent of juſtice is unmerciful, which to a rich perſon is innocent, becauſe it is juſt, and he needs not thy mercy and remiſſion. Mercantia non vuol nè amici nè parenti.

9. Let no man for his own poverty become more oppreſſing and cruel in his bargain, but quietly, mo-

deſtly, diligently and patiently recommend his eſtate to God, and follow its intereſt, and leave the ſucceſs to him: for ſuch courſes will more probably advance his trade, they will certainly procure him a bleſſing and a recompence, and if they cure not his poverty, they will take away the evil of it; and there is nothing elſe in it that can trouble him.

10. Detain not the wages of the hireling; for every degree of detention of it beyond the time is injuſtice and uncharitableneſs, and grinds his face till tears and bloud come out: but pay him exactly according to Covenant, or according to his needs.

11. Religiouſly keep all promiſes and Covenants, though made to your diſadvantage, though afterwards you perceive you might have done better: and let not any precedent act of yours be altered by any after-accident. Let nothing make you break your promiſe, unleſs it be unlawful or impoſſible: that is, either out of your natural, or out of your civil power, your ſelf being under the power of another; or that it be intolerably inconvenient to your ſelf, and of no (*a*) advantage to another; or that you have leave expreſſed, or reaſonably preſumed.

(*a*) Surgam ad ſponſalia quia promiſi, quamvis non concoxerim; ſed non ſi febricitavero: ſubeſt enim tacita exceptio, Si potero, ſi debebo. *Senec.*

Effi e ut idem ſtatus ſit cùm exigitur, qui fuit cùm promitterem. Deſtituere levitas non erit, ſi aliquid intervenerit novi. Eadem mihi omnia præſta, & idem tum. *lib.* 4. *cap.* 39. *de Benefic.*

12. Let no man take wages or fees for a work that he cannot do, or cannot with probability undertake, or in ſome ſenſe profitably, and with eaſe, or with advantage manage. Phyſicians muſt not meddle with deſperate diſeaſes, and known to be incurable, without declaring their ſenſe before-hand; that if the patient pleaſe he may entertain him at adventure, or to do him ſome little eaſe. Advocates muſt deal plainly with their Clients, and tell them the true ſtate and danger of their caſe; and muſt not pretend confidence in an evil cauſe: but when he hath ſo cleared his own innocence, if the Client will have collateral and legal

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advantages obtained by his industry, he may engage his endeavour, provided he do no injury to the right Cause, or any man's person.

13. Let no man appropriate to his own use what God by a special mercy, or the Republick hath made common; for that is both against Justice and Charity too: and by miraculous accidents God hath declared his displeasure against such inclosure. When the Kings of *Naples* enclosed the Gardens of *Oenotria*, where the best Manna of *Calabria* descends, that no man might gather it without paying tribute, the Manna ceased, till the tribute was taken off; and then it came again: and so, when after the third trial, the Princes found they could not have that in proper which God made to be common, they left it as free as God gave it. The like happened in *Epire*, when *Lysimachus* laid an impost upon the *Tragasæan* Salt, it vanished, till *Lysimachus* left it publick. And when the Procurators of King *Antigonus* imposed a rate upon the sick People that came to *Edepsum* to drink the waters which were lately sprung, and were very healthful, instantly the waters dried up, and the hope of gain perished.

*Brassi vol. in exam. simpl.*

*Cælius Rhod. l. 9. c. 12.*

*Athenæ. Deipnos. l. 2.*

The sum of all is in these words of S. *Paul*, [*Let no man go beyond and defraud his brother in any matter, because the Lord is the avenger of all such.*] And our Blessed Saviour in the enumerating the duties of justice, besides the Commandment of [*Do not steal*] adds [*Defraud not*] forbidding (as a distinct explication of the old Law) the tacit and secret theft of abusing our Brother in Civil Contracts. And it needs no other arguments to enforce this caution, but only that the Lord hath undertaken to avenge all such persons. And as he always does it in the great day of recompences; so very often he does it here, by making the unclean portion of injustice to be as a Canker-worm eating up all the other increase: it procures beggery, and a declining estate, or a caitiff cursed spirit, an ill name, the curse of the injured and oppressed person, and a Fool or a Prodigal to be his heir.

1 Thess. 4. 6.

Lev. 19. 13. 1 Cor. 6. 8. Matt. 10. 19.

SECT.

## SECT. IV.

### *Of Reſtitution.*

*Reſtitution* is that part of Juſtice to which a man is obliged by a precedent Contract, or a fore-going fault, by his own act or another man's, either with, or without his will. He that borrows is bound to pay, and much more he that ſteals or cheats. For if he that borrows, and pays not when he is able, be an unjuſt perſon and a robber, becauſe he poſſeſſes another man's goods, to the right owner's prejudice; then he that took them at firſt without leave is the ſame thing in every inſtant of his poſſeſſion, which the Debtor is after the time in which he ſhould and could have made payment. For in all ſins we are to diſtinguiſh the tranſient or paſſing act from the remaining effect or evil. The act of ſtealing was ſoon over, and cannot be undone, and for it the ſinner is only anſwerable to God, or his Vicegerent, and he is in a particular manner appointed to expiate it by ſuffering puniſhment, and repenting, and asking pardon, and judging and condemning himſelf, doing acts of juſtice and charity, in oppoſition and contradiction to that evil action. But becauſe in the caſe of ſtealing there is an injury done to our neighbour, and the evil ſtill remains after the action is paſt, therefore for this we are accountable to our neighbour, and we are to take the evil off from him which we brought upon him, or elſe he is an injured perſon, a ſufferer all the while: and that any man ſhould be the worſe for me, and my direct act, and by my intention, is againſt the rule of equity, of juſtice, and of charity; I do not that to others which I would have done to my ſelf, for I grow richer upon the ruines of his fortune. Upon this ground, it is a determined rule in Divinity, *Our ſin can never be pardoned till we have reſtored what we unjuſtly took, or wrongfully detain*: reſtored it (I mean) actually, or in purpoſe and deſire, which we muſt really perform when we can.

Chi non vuol rendere, fa mal a prendere.

Si tuâ culpâ datum eſt damnum, jure ſuper his ſatisfacere te oportet.

And

And this doctrine, besides its evident and apparent reasonableness, is derived from the express words of Scripture, reckoning *Restitution* to be a part of *Repentance*, necessary in order to the remission of our sins. [*If the wicked restore the pledge, give again that he had robbed, &c. he shall surely live, he shall not die.*] Ezek. 33.15. * The practice of this part of Justice is to be directed by the following Rules.

*Rules of making Restitution.*

1. Whosoever is an effective real cause of doing his Neighbour wrong, by what instrument soever he does it, (whether by commanding or incouraging it, by counselling or commending (*a*) it, by acting it, or not (*b*) hindring it when he might and ought, by concealing it or receiving it) is bound to make restitution to his Neighbour; if without him the injury had not been done, but by him or his assistance it was. For by the same reason that every one of these is guilty of the sin, and is cause of the injury, by the same they are bound to make reparation; because by him his Neighbour is made worse, and therefore is to be put into that state from whence he was forced. And suppose that thou hast perswaded an injury to be done to thy Neighbour, which others would have perswaded if thou hadst not, yet thou art still obliged, because thou really didst cause the injury; just as they had been obliged if they had done it: and thou art not at all the less bound by having persons as ill inclined as thou wert.

2. He that commanded the injury to be done, is first bound; then he that did it; and after these, they also are obliged who did so assist, as without them the thing would not have been done. If satisfaction be made by any of the former, the latter is tied to repentance, but no restitution: But if the injured person be not righted, every one of them is wholly guilty of the injustice, and therefore bound to restitution singly and intirely.

3. Whosoever intends a little injury to his Neighbour,

(a) Ὁ γὰρ ἐπαγγείλας ἢ παρεκελεύσατο, εἰ μὴ ἦλθον ἢ παρῆν μόνον αὐτῷ, ἐποίησε. Totilas apud *Procop. Goth.* 3. Qui laudat servum fugitivum, tenetur. Non enim oportet laudando augeri malum. *Ulpian. in lib.* 1. *cap. de Servo corrupto.*

(b) Ὁ μὴ κωλύσας τὸν ἀδικοῦντα, εἰκὸς κἀκεῖνον βλάπτειν, ἐφόσον ἦν τοῦτον ὅλως μὴ ἐκλιπόντα. *Nicet. Choniat. in Michael. Comnen.* Sic Syri & Amphyctionibus judicio damnati, quia piraticam non prohibuerunt cum poterant.

bour, and acts it, and by it a greater evil accidentally comes, he is obliged to make an intire reparation of all the injury, of that which he intended, and of that which he intended not, but yet acted by his own instrument going farther then he at first purposed it. He that set fire on a Plane-tree to spite his Neighbour, and the Plane-tree set fire on his Neighbour's House, is bound to pay for all the loss, because it did all arise from his own ill intention. It is like murther committed by a drunken person, *involuntary in some of the effect*, but *voluntary in the other parts of it*, and *in all the cause*; and therefore the guilty person is answerable for all of it. And when *Ariarathes* the *Cappadocian* King had but in wantonness stopped the mouth of the river *Melanus*, although he intended no evil, yet *Euphrates* being swelled by that means, and bearing away some of the strand of *Cappadocia*, did great spoil to the *Phrygians* and *Galatians*: he therefore by the *Roman* Senate was condemned in three hundred talents towards reparation of the dammage. Much rather therefore when the lesser part of the evil was directly intended.

Etiamsi partem damni dare noluisti, in totum quasi prudens dederis tenendus es. Ex toto enim noluisse debet qui imprudentiâ defenditur. *Sen. Contr.* Involuntarium ortum ex voluntario censetur pro voluntario. *Strabo.*

4. He that hinders a charitable person from giving alms to a poor man is tied to restitution, if he hindred him by fraud or violence; because it was a right which the poor man had when the good man had designed and resolved it, and the fraud or violence hinders the effect, but not the purpose: and therefore he who used the deceit or the force is injurious, and did damage to the poor man. But if the alms were hindred only by intreaty, the hinderer is not tied to restitution, because intreaty took not liberty away from the giver, but left him still Master of his own act, and he had power to alter his purpose, and so long there was no injustice done. The same is the case of a Testator giving a legacy either by kindness, or by promise and common right. He that hinders the charitable Legacy by fraud or violence, or the due Legacy by intreaty, is equally obliged to restitution. The reason of the latter part of this case is, because he that intreats or perswades to a sin is as guilty as he that acts it: and

Πλεονεκτεῖ οὐδὲν ὁ βοηθήσας χρήμασι δι' ἀνελευθερίαν. Eth. l. 5. c. 4.

and if without his perswasion the sin and the injury would not be acted, he is in his kind the entire cause, and therefore obliged to repair the injury as much as the person that does the wrong immediately.

5. He that refuses to do any part of his duty (to which he is otherwise obliged) without a bribe, is bound to restore that mony, because he took it in his Neighbour's wrong, and not as a salary for his labour, or a reward of his wisdom, (for his stipend hath paid all that) or he hath obliged himself to do it by his voluntary undertaking.

6. He that takes any thing from his Neighbour which was justly forfeited, but yet takes it not as a Minister of Justice, but to satisfie his own revenge or avarice, is tied to repentance, but not to restitution. For my Neighbour is not the worse for my act, for thither the law and his own demerits bore him; but because I took the forfeiture indirectly, I am answerable to God for my unhandsome, unjust, or uncharitable circumstances. Thus *Philip* of *Macedon* was reproved by *Aristides* for destroying the *Phocenses*; because although they deserved it, yet he did it not in prosecution of the Law of Nations, but to enlarge his own dominions.

7. The heir of an obliged person is not bound to make restitution, if the obligation passed only by a personal act; but if it passed from his person to his estate, then the estate passes with all its burthen. If the Father by perswading his neighbour to do injustice be bound to restore, the action is extinguished by the death of the Father, because it was only the Father's sin that bound him, which cannot directly bind the son; therefore the son is free. And this is so in all personal actions, unless where the civil Law interposes and alters the case.

¶ *These Rules concern the persons that are obliged to make Restitution: the other circumstances of it are thus described.*

8. He

8. He that by fact, or word, or sign, either fraudulently or violently does hurt to his Neighbor's body, life, goods, good name, friends, or Soul, is bound to make restitution in the several instances, according as they are capable to be made. In all these instances we must separate intreaty and inticements from deceit or violence. If I perswade my Neighbour to commit adultery, I still leave him or her in their own power: and though I am answerable to God for my sin, yet not to my Neighbour. For I made her to be willing; yet she was willing, (*a*) that is, the same at last as I was at first. But if I have used fraud, and made her to believe a lie (*b*), upon which confidence she did the act, and without she would not, (as if I tell a woman her Husband is dead, or intended to kill her, or is himself an adulterous man) or if I use violence, that is, either force her or threaten her with death, or a grievous wound, or any thing that takes her from the liberty of her choice, I am bound to restitution, that is, to restore her to a right understanding of things and to a full liberty, by taking from her the deceit or the violence.

(a) Δι' ἀλλότριον ἔργον πταίει οὐδείς. *Epict.*
(b) Πᾶσα ψυχὴ ἄκουσα στερεῖται τῆς ἀληθείας. *Plato.*
Non licet suffurari mentem vel Samaritani. *R. Maimon. Can. Eth.*

9. An adulterous person is tied to restitution of the injury so far as it is reparable, and can be made to the wronged person; that is, to make provision for the children begotten in unlawful embraces, that they may do no injury to the legitimat by receiving a common portion: and if the injured person do account of it, he must satisfie him with mony for the wrong done to his bed. He is not tied to offer this, because it is no proper exchange; but he is bound to pay if it be reasonably demanded: for every man hath justice done him, when himself is satisfied, though by a word, or an action, or a peny.

Ὁ γὰρ ἢ γυνὴ, ἢ οἱ παῖδες, ἢ οἱ συγγενεῖς τοῦ

10. He that hath killed a Man is bound to restitution by allowing such a maintenance to the children and

near

near relatives of the deceased as they have lost by his death, considering and allowing for all circumstances of the man's age, and health, and probability of living. And thus *Hercules* is said to have made expiation for the death of *Iphitus* whom he slew, by paying a mulct to his children.

φονευθέντος ἔλαβεν, τρόπον τινὰ ἐκείνῳ δέδοται. *Mich. Ephes. ad 5. Eth.*

11. He that hath really lessened the fame of his neighbour by fraud or violence, is bound to restore it by its proper instruments; such as are confession of his fault, giving testimoy of his innocence or worth, doing him honour, or (if that will do it, and both parties agree) by mony, which answers all things.

Sic Vivianus resipuit de injusta accusatione, apud *Cassiodor.* 4. 41.

12. He that hath wounded his neighbour is tied to the expences of the Surgeon and other incidences, and to repair whatever loss he sustains by his disability to work or trade; and the same is in the case of false imprisonment; in which cases only the real effect and remaining detriment are to be mended and repaired: for the action it self is to be punished or repented of, and enters not into the question of restitution. But in these and all other cases the injured person is to be restored to that perfect and good condition from which he was removed by my fraud or violence, so far as is possible. Thus a ravisher must repair the temporal detriment or injury done to the maid, and give her a dowry, or marry her if she desire it. For this restores her into that capacity of being a good wife, which by the injury was lost, as far as it can be done.

13. He that robbeth his Neighbour of his goods, or detains any thing violently or fraudulently, is bound not only to restore the principal, but all its fruits and emoluments which would have accrued to the right owner during the time of their being detained.* By proportion to these rules, we may judge of the obligation that lies upon all sorts of injurious persons; the sacrilegious, the detainers of tithes, cheaters of mens inheritances, unjust Judges, false witnesses and accusers, those that do fraudulently or violently bring men to sin, that force men to drink, that laugh at and disgrace vertue, that perswade servants

vants to run away, or commend such purposes, violent persecutors of Religion in any instance; and all of the same nature.

14. He that hath wronged so many, or in that manner, (as in the way of daily trade) that he knows not in what measure he hath done it, or who they are, must redeem his fault by alms and largesses to the poor, according to the value of his wrongful dealing, as near as he can proportion it. Better it is to go begging to Heaven, then to go to Hell laden with the spoils of rapine and injustice.

15. The order of paying of debts of contract or restitution are in some instances set down by the civil Laws of a kingdom, in which cases their rule is to be observed. In destitution or want of such rules we are 1. to observe the necessity of the Creditor, 2. then the time of the delay, and 3. the special obligations of friendship or kindness; and according to these in their several degrees make our restitution, if we be not able to do all that we should: but if we be, the best rule is to do it so soon as we can, taking our accounts in this as in our humane actions, according to prudence, and civil or natural conveniences or possibilities; only securing these two things: 1. That the duty be not wholly omitted; and 2. That it be not deferred at all out of covetousness, or any other principle that is vicious. Remember that the same day in which *Zacchæus* made restitution to all whom he had injured, the same day Christ himself pronounced that salvation was come to his house. * * * Luke 19.9.

16. But besides the obligation arising from contract or default, there is † one of another sort which comes from kindness and the acts of charity and friendship. He that does me a favour hath bound me to make him a return of thankfulness. The obligation comes not by covenant, not by his own express intention, but by the nature of the thing; and is a duty springing up within the spirit of the obliged person, to whom it is more natural to love his friend, and to do good for good, then to return evil for evil: because a man may for- † Gratitude.

forgive an injury, but he must never forget a good turn. For every thing that is excellent, and every thing that is profitable, whatsoever is good in it self or good to me, cannot but be beloved; and what we love we naturally cherish and do good to. He therefore that refuses to do good to them whom he is bound to love, or to love that which did him good, is unnatural and monstrous in his affections, and thinks all the world born to minister to him, with a greedines worse then that of the sea, which although it receives all rivers into it self, yet it furnishes the clouds and springs with a return of all they need.

Our duty to Benefactors is to esteem and love their persons, to make them proportionable returns of service, or duty, or profit, according as we can, or as they need, or as opportunity presents it self, and according to the greatnesses of their kindnes, and to pray to God to make them recompence for all the good they have done to us; which last office is also requisite to be done for our Creditors, who in charity have reliev'd our wants.

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*Prayers to be said in relation to the several Obligations and Offices of Justice.*

*A Prayer for the Grace of Obedience, to be said by all persons under command.*

O Eternal God, great Ruler of Men and Angels, who hast constituted all things in a wonderful order, making all the creatures subject to man, and one man to another, and all to thee, the last link of this admirable chain being fastned to the foot of thy throne; teach me to obey all those whom thou hast set over me, reverencing their persons, submitting indifferently to al their lawful commands, chearfully undergoing those burthens wch the publick wisdom and necessity shall impose upon me; at no hand murmuring against Government, lest the spirit of pride and mutiny, of murmur and disorder enter into me, and consign me to the portion of the disobedient and rebellious, of

the despisers of dominion and revilers of dignity. Grant this, O holy God, for his sake who for his obedience to the Father hath obtained the glorification of eternal ages, our Lord and Saviour *Jesus* Christ. *Amen.*

*Prayers for Kings and all Magistrates, for our Parents, spiritual and natural, are in the following Litanies at the end of the fourth Chapter.*

*A Prayer to be said by Subjects, when their Land is invaded and overrun by barbarous or wicked people, enemies of the Religion, or the Government.*

I.

O Eternal God, thou alone ruleſt in the Kingdoms of men, thou art the great God of battels and recompences, and by thy glorious wisdom, by thy Almighty power, and by thy secret providence, doſt determine the events of war, and the issues of humane counsels, and the returns of peace and victory: now at last be pleased to let the light of thy countenance, and the effects of a glorious mercy and a gracious pardon return to this Land. Thou seest how great evils we suffer under the power and tyranny of war; and although we submit to and adore thy justice in our sufferings, yet be pleased to pity our misery, to hear our complaints, & to provide us of remedy against our present calamities: let not the defenders of a righteous cause go away ashamed, nor our counsels be for ever confounded, nor our parties defeated, nor Religion suppressed, nor learning discountenanced, and we be spoiled of all the exteriour ornaments, instruments and advantages of piety, which thou hast been pleased formerly to minister to our infirmities, for the interests of Learning and Religion. *Amen.*

II.

We confess, dear God, that we have deserved to be totally extinct and separate from the communion of Saints, and the comforts of Religion, to be made servants to ignorant, unjust and inferiour persons,

sons, or to suffer any other calamity which thou shalt allot us as the instrument of thy anger, whom we have so often provoked to wrath and jealousie. Lord, we humbly ly down under the burthen of thy rod, begging of thee to remember our infirmities, and no more to remember our sins, to support us with thy staff, to lift us up with thy hand, to refresh us with thy gracious eye: and if a sad cloud of temporal infelicities must still encircle us, open unto us the window of Heaven, that with an eye of faith and hope we may see beyond the cloud, looking upon those mercies which in thy secret providence and admirable wisdom thou designest to all thy servants, from such unlikely and sad beginnings. Teach us diligently to do all our duty, and chearfully to submit to all thy will; and at last be gracious to thy people that call upon thee, that put their trust in thee, that have laid up all their hopes in the bosom of God, that besides thee have no helper. *Amen.*

III.

PLace a Guard of Angels about the person of the KING, and immure him with the defence of thy right hand, that no unhallowed arm may do violence to him. Support him with aids from Heaven in all his battels, trials and dangers, that he may in every instant of his temptation become dearer to thee, and do thou return to him with mercy and deliverance. Give unto him the hearts of all his people, and put into his hand a prevailing rod of iron, a sceptre of power, and a sword of Justice; and enable him to defend and comfort the Churches under his protection.

IV.

BLess all his Friends, Relatives, Confederates and Lieges; direct their Counsels, unite their hearts, strengthen their hands, bless their actions. Give unto them holiness of intention, that they may with much candor and ingenuity pursue the cause of God and the King. Sanctifie all the means and instruments of their purposes, that they may not with cruelty, injustice or oppression proceed towards the end of their just desires: and do thou crown all their endeavours with a

prosperous event, that all may cooperate to, and actually produce those great mercies which we beg of thee; Honour and safety to our Sovereign, defence of his just rights, peace to his people, establishment and promotion to Religion, advantages and encouragement to Learning and holy living, deliverance to all the oppressed, comfort to all thy faithful people, and from all these, glory to thy holy Name. Grant this, O KING of Kings, for his sake by whom thou hast consigned us to all thy mercies and promises, and to whom thou hast given all power in Heaven and Earth, our Lord and Saviour *Jesus* Christ. *Amen.*

*A Prayer to be said by Kings or Magistrates, for themselves and their People.*

O My God and King, thou ruleſt in the Kingdoms of men, by thee Kings reign and Princes decree justice: thou hast appointed me under thy self * [*and under my Prince*] to govern this portion of thy Church according to the Laws of Religion and the Commonwealth. O Lord, I am but an infirm man, and know not how to decree certain sentences without erring in judgment: but do thou give to thy servant an understanding heart to judge this people, that I may discern between good and evil. Cause me to walk before thee and all the people in truth and righteousness, and in sincerity of heart, that I may not regard the person of the mighty, nor be afraid of his terrour, nor despise the person of the poor, and reject his petition; but that doing justice to all men, I and my people may receive mercy of thee, peace and plenty in our days, and mutual love, duty and correspondence, that there be no leading into captivity, no complaining in our streets; but we may see the Church in prosperity all our days, and Religion established and encreasing. Do thou establish the house of thy Servant, and bring me to a participation of the glories of thy King-

* *These words to be added by a Delegate or inferiour.*

Kingdom, for his sake who is my Lord and King, the holy and ever-blessed Saviour of the world, our Redeemer *Jesus. Amen.*

*A Prayer to be said by Parents for their Children.*

O Almighty and most merciful Father, who hast promised children as a reward to the righteous, and hast given them to me as a testimony of thy mercy, and an engagement of my duty; be pleased to be a Father unto them, and give them healthful bodies, understanding Souls, and sanctified spirits, that they may be thy servants and thy children all their days. Let a great mercy and providence lead them through the dangers and temptations and ignorances of their youth, that they may never run into folly, and the evils of an unbridled appetite. So order the accidents of their lives, that by good education, careful Tutors, holy example, innocent company, prudent counsel, and thy restraining grace, their duty to thee may be secured in the midst of a crooked and untoward generation: and if it seem good in thy eyes, let me be enabled to provide conveniently for the support of their persons, that they may not be destitute and miserable in my death; or if thou shalt call me off from this World by a more timely summons, let their portion be, thy care, mercy, and providence over their bodies and Souls: and may they never live vicious lives, nor die violent or untimely deaths; but let them glorifie thee here with a free obedience, and the duties of a holy life; that when they have served thee in their generations, and have profited the Christian Commonwealth, they may be co-heirs with *Jesus* in the glories of thy eternal Kingdom, through the same our Lord *Jesus* Christ. *Amen.*

*A Prayer to be said by Masters of Familes, Curates, Tutors, or other obliged persons, for their Charges.*

O Almighty God, merciful and gracious, have mercy upon my Family [or Pupils, or Parishioners, &c.]

and all committed to my charge: ſanctifie them with thy grace, preſerve them with thy providence, guard them from all evil by the cuſtody of Angels, direct them in the ways of peace and holy Religion by my Miniſtry and the conduct of thy moſt holy Spirit, and conſign them all with the participation of thy bleſſings and graces in this World, with healthful bodies, with good underſtandings, and ſanctified ſpirits, to a full fruition of thy glories hereafter, through *Jeſus* Chriſt our Lord.

*A Prayer to be ſaid by Merchants, Tradeſmen, and Handicrafts-men.*

O Eternal God, thou Fountain of juſtice, mercy and benediction, who by my education and other effects of thy Providence haſt called me to this profeſſion, that by my induſtry I may in my ſmall proportion work together for the good of my ſelf and others; I humbly beg thy grace to guide me in my intention, and in the tranſaction of my affairs, that I may be diligent, juſt and faithful: and give me thy favour, that this my labour may be accepted by thee as a part of my neceſſary duty: and give me thy bleſſing to aſſiſt and proſper me in my Calling, to ſuch meaſures as thou ſhalt in mercy chuſe for me: and be pleaſed to let thy holy Spirit be for ever preſent with me, that I may never be given to covetouſneſs and ſordid appetites, to lying and falſhood, or any other baſe, indirect and beggarly arts; but give me prudence, honeſty and Chriſtian ſincerity, that my Trade may be ſanctified by my Religion, my labour by my intention and thy bleſſing; that when I have done my portion of work thou haſt allotted me, and improved the talent thou haſt intruſted to me, and ſerved the Commonwealth in my capacity, I may receive the mighty price of my high calling, which I expect and beg, in the portion and inheritance of the ever-bleſſed Saviour and Redeemer *Jeſus*. *Amen*.

*A Pray-*

*A Prayer to be said by Debtors, and all persons obliged whether by crime or contract.*

O Almighty God, who art rich unto all, the treasury and fountain of all good, of all justice, and all mercy, and all bounty, to whom we owe all that we are, and all that we have, being thy Debtors by reason of our sins, and by thy own gracious contract made with us in *Jesus* Christ; teach me in the first place to perform all my Obligations to thee, both of duty and thankfulness; and next enable me to pay my duty to all my friends, and my debts to all my Creditors, that none be made miserable or lessened in his estate by his kindness to me, or traffick with me. Forgive me all those sins and irregular actions by which I entred into debt farther then my necessity required, or by which such necessity was brought upon me: but let not them suffer by occasion of my sin. Lord, reward all their kindness into their bosoms, and make them recompence where I cannot, and make me very willing in all that I can, and able for all that I am obliged to: or if it seem good in thine eyes to afflict me by the continuance of this condition, yet make it up by some means to them, that the prayer of thy servant may obtain of thee at least to pay my debt in blessings. *Amen.*

V.

LOrd, sanctifie and forgive all that I have tempted to evil by my discourse or my example: instruct them in the right way whom I have led to errour, and let me never run farther on the score of sin; but do thou blot out all the evils I have done by the spunge of thy passion, and the bloud of thy Cross; and give me a deep and an excellent repentance, and a free and a gracious pardon; that thou mayest answer for me, O Lord, and enable me to stand upright in judgment: for in thee, O Lord, have I trusted, let me never be confounded. Pity me and instruct me, guide me and support me, pardon me and save me, for my sweet Saviour *Jesus* Christ his sake. *Amen.*

*A Prayer for Patron and Benefactors.*

O Almighty God, thou Fountain of all good, of all excellency both to Men and Angels, extend thine abundant favour and loving-kindneſs to my Patron, to all my Friends and Benefactors: reward them and make them plentiful recompence for all the good which from thy merciful providence they have conveyed unto me. Let the Light of thy Countenance ſhine upon them, and let them never come into any affliction or ſadneſs, but ſuch as may be an inſtrument of thy glory and their eternal comfort. Forgive them all their ſins; let thy Divineſt Spirit preſerve them from all deeds of Darkneſs. Let thy miniſtring Angels guard their perſons from the violence of the ſpirits of Darkneſs. And thou who knoweſt every degree of their neceſſity by thy infinite wiſdom, give ſupply to all their needs by thy glorious mercy, preſerving their perſons, ſanctifying their hearts, and leading them in the ways of righteouſneſs, by the waters of comfort, to the land of eternal reſt and glory, through *Jeſus* Chriſt our Lord. *Amen.*

## CHAP. IV.

## Of Chriſtian Religion.

*Religion* in a large ſenſe doth ſignifie the whole duty of Man, comprehending in it Juſtice, Charity, and Sobriety: becauſe all theſe being commanded by God, they become a part of that honour and worſhip which we are bound to pay to him. And thus the word is uſed in S. *James*; *Pure Religion and undefiled before God and the Father is this,*

James 1. 27.

To

*To visit the fatherless and widows in their affliction, and keep himself unspotted from the world.* But in a more restrained sense it is taken for that part of duty which particularly relates to God in our worshippings and adoration of him, in confessing his excellencies, loving his person, admiring his goodness, believing his Word, and doing all that which may in a proper and direct manner doe him honour. It contains the duties of the first Table only, and so it is called *Godliness* *, and is by S. *Paul* distinguished from *Justice* and *Sobriety*. In this sense I am now to explicate the parts of it. * Tit. 2. 12.

*Of the internal actions of Religion.*

Those I call the internal actions of Religion, in which the Soul only is imployed, and ministers to God in the special actions of *Faith*, *Hope*, and *Charity*. *Faith* believes the Revelations of God: *Hope* expects his Promises: and *Charity* loves his excellencies and Mercies. *Faith* gives our Understanding to God: *Hope* gives up all the Passions and Affections to Heaven and heavenly things: and *Charity* gives the Will to the service of God. *Faith* is opposed to Infidelity, *Hope* to Despair, *Charity* to Enmity and Hostility: and these three sanctify the whole Man, and make our duty to God and obedience to his Commandments to be *chosen*, *reasonable*, and *delightful*, and therefore to be *intire*, *persevering*, and *universal*.

## SECT. I.

### *Of Faith.*

*The acts and offices of Faith are,*

1. TO believe every thing which God hath revealed to us; and when once we are convinced that God hath spoken it, to make no farther enquiry, but humbly

Demus Deum aliquid posse quod nos fateamur investigare non posse. S. *Aug.* l. 21. c. 7 de Civitat.

humbly to ſubmit, ever remembring that there are ſome things which our underſtanding cannot fathom nor ſearch out their depth.

2. To believe nothing concerning God but what is honourable and excellent, as knowing that belief to be no honouring of God which entertains of him any diſhonourable thoughts. Faith is the parent of Charity, and whatſoever Faith entertains muſt be apt to produce love to God: but he that believes God to be cruel or unmerciful, or a rejoycer in the unavoidable damnation of the greateſt part of mankind, or that he ſpeaks one thing and privately means another, thinks evil thoughts concerning God, and ſuch as for which we ſhould hate a Man, and therefore are great enemies of Faith, being apt to deſtroy Charity. Our Faith concerning God muſt be as himſelf hath revealed and deſcribed his own excellencies: and in our diſcourſes we muſt remove from him all imperfection, and attribute to him all excellency.

3. To give our ſelves wholly up to Chriſt in heart and deſire, to become Diſciples of his doctrine with choice, (beſides conviction) being in the preſence of God but as Idiots, that is, without any principles of our own to hinder the truth of God; but ſucking in greedily all that *God* hath taught us, believing it infinitely, and loving to believe it. For this is an act of Love reflected upon Faith, or an act of Faith leaning upon Love.

4. To believe all *God*'s promiſes, and that whatſoever is promiſed in Scripture ſhall on *God*'s part be as ſurely performed as if we had it in poſſeſſion. This act makes us to relie upon *God* with the ſame confidence as we did on our Parents when we were children, when we made no doubt but whatſoever we needed we ſhould have it, if it were in their power.

5. To believe alſo the conditions of the promiſe, or that part of the revelation which concerns our duty. Many are apt to believe the Article of remiſſion of ſins, but they believe it without the condition of repentance, or the fruits of holy life: and that is to

believe

believe the Article otherwiſe then *God* intended it. For the Covenant of the Goſpel is the great object of Faith, and that ſuppoſes our duty to anſwer his grace; that *God* will be our *God*, ſo long as we are his people. The other is not Faith, but Flattery.

6. To profeſs publickly the doctrine of *Jeſus* Chriſt, openly owning whatſoever he hath revealed and commanded, not being aſhamed of the Word of *God*, or of any practices enjoyned by it; and this, without complying with any man's intereſt, not regarding favour, nor being moved with good words, not fearing diſgrace, or loſs, or inconvenience, or death it ſelf.

7. To pray without doubting, without wearineſs, without faintneſs, entertaining no jealouſies or ſuſpicions of *God*, but being confident of *God*'s hearing us, and of his returns to us, whatſoever the manner or the inſtance be, that if we doe our duty, it will be gracious and merciful.

Theſe acts of Faith are in ſeveral degrees in the ſervants of *Jeſus*; ſome have it but as a grain of muſtard-ſeed, ſome grow up to a plant, ſome have the fulneſs of faith: but the leaſt faith that is muſt be a perſwaſion ſo ſtrong as to make us undertake the doing of all that duty which Chriſt built upon the foundation of believing. But we ſhall beſt diſcern the truth of our Faith by theſe following ſigns. S. *Hierome* reckons three. Dial. Adver. Lucif.

*Signs of true Faith.*

1. An earneſt and vehement Prayer: for it is impoſſible we ſhould heartily believe the things of *God* and the glories of the Goſpel, and not moſt importunately deſire them. For every thing is deſired according to our belief of its excellency and poſſibility.

2. To doe nothing for vain-glory, but wholly for the intereſts of Religion, and theſe Articles we believe; valuing not at all the rumors of men, but the praiſe of *God*, to whom by faith we have given up all our intellectual faculties.

3. To

3. To be content with *God* for our Judge, for our Patron, for our Lord, for our Friend, desiring *God* to be all in all to us, as we are in our understanding and affections wholly his.

*Adde to these*;

4. To be a stranger upon earth in our affections, and to have all our thoughts and principal desires fixed upon the matters of Faith, the things of Heaven. For if a man were adopted heir to *Cæsar*, he would (if he believed it real and effective) despise the present, and wholly be at Court in his Father's eye; and his desires would out-run his swiftest speed, and all his thoughts would spend themselves in creating *Ideas* and little phantastick images of his future condition. Now God hath made us Heirs of his Kingdom, and Co-heirs with *Jesus*: if we believed this, we would think and affect and study accordingly. But he that rejoyces in gain, and his heart dwells in the world, and is espoused to a fair estate, and transported with a light momentany joy, and is afflicted with losses, and amazed with temporal persecutions, and esteems disgrace or poverty in a good cause to be intolerable, this man either hath no inheritance in Heaven or believes none; and believes not that he is adopted to be the Son of God, the Heir of eternal glory.

5 S. *James* his sign is the best: [*Shew me thy faith by thy works.*] Faith makes the Merchant diligent and venturous, and that makes him rich. *Ferdinando* of *Arragon* believed the story told him by *Columbus*, and therefore he furnished him with ships, and got the *West-Indies* by his Faith in the undertaker. But *Henry* the seventh of *England* believed him not, and therefore trusted him not with shipping, and lost all the purchace of that Faith. It is told us by Christ [*He that forgives shall be forgiven:*] if we believe this, it is certain we shall forgive our enemies; for none of us all but need and desire to be forgiven. No man can possibly despise or refuse to desire such excellent glories as are revealed to them that are servants of Christ,

Christ, and yet we doe nothing that is commanded us as a condition to obtain them. No man could work a day's labour without faith: but because he believes he shall have his wages at the day's or week's end, he does his duty. But he only believes who does that thing which other men in the like cases doe when they do believe. He that believes money gotten with danger is better then poverty with safety, will venture for it in unknown lands or seas; and so will he that believes it better to get Heaven with labour, then to go to Hell with pleasure.

6. *He that believes does not make haste*, but waits patiently till the times of refreshment come, and dares trust God for the morrow, and is no more solicitous for the next year then he is for that which is past: and it is certain, that man wants Faith, who dares be more confident of being supplied when he hath money in his purse, then when he hath it only in bills of exchange from God; or that relies more upon his own industry then upon God's providence, when his own industry fails him. If you dare trust to God when the case to humane reason seems impossible, and trust to God then also out of choice, not because you have nothing else to trust to, but because he is the only support of a just confidence, then you give a good testimony of your Faith.

7. True Faith is confident, and will venture all the world upon the strength of its perswasion. Will you lay your life on it, your estate, your reputation, that the doctrine of *JESUS CHRIST* is true in every Article? Then you have true Faith. But he that fears Men more then *God*, believes Men more then he believes in *God*.

8. Faith, if it be true, living and justifying, cannot be separated from a good life: it works miracles, makes a drunkard become sober, a lascivious person become chast, a covetous man become liberal; *it overcomes the world, it works righteousness*, and makes us diligently to doe, and chearfully to suffer whatsoever *God* hath placed in our way to Heaven. 2 Cor. 13. 7. Rom. 8. 10.

The

*The Means and Inſtruments to obtain Faith are,*

1. An humble, willing and docible mind, or deſire to be inſtructed in the way of *God*: for perſwaſion enters like a ſun-beam, gently, and without violence; and open but the window, and draw the curtain, and the Sun of righteouſneſs will enlighten your darkneſs.

2. Remove all prejudice and love to every thing which may be contradicted by Faith. *How can ye believe* (ſaid Chriſt) *that receive praiſe one of another?* An unchaſt man cannot eaſily be brought to believe that without purity he ſhall never ſee *God*. He that loves riches can hardly believe the doctrine of poverty and renunciation of the world: and Alms and Martyrdom and the doctrine of the Croſs is folly to him that loves his eaſe and pleaſures. He that hath within him any principle contrary to the doctrines of Faith, cannot eaſily become a Diſciple.

3. Prayer, which is inſtrumental to every thing, hath a particular promiſe in this thing. *He that lacks wiſdom let him ask it of God*: and, *If you give good things to your children, how much more ſhall your Heavenly Father give his Spirit to them that ask him?*

In rebus humanis ſumma credendi ratio eſt omnipotentia Creatoris. S. *Aug.*

4. The conſideration of the Divine omnipotence and infinite wiſdom, and our own ignorance, are great inſtruments of curing all doubting, and ſilencing the murmurs of infidelity.

5. Avoid all curioſity of enquiry into particulars and circumſtances and myſteries: for true faith is full of ingenuity and hearty ſimplicity, free from ſuſpicion, wiſe and confident, truſting upon generals, without watching and prying into unneceſſary or undiſcernible particulars. No man carries his bed into his field, to watch how his corn grows, but believes upon the general order of Providence and Nature; and at Harveſt finds himſelf not deceived.

6. In time of temptation be not buſie to diſpute, but rely upon the Concluſion, and throw your ſelf upon

upon God, and contend not with him but in prayer, and in the preſence and with the help of a prudent untempted Guide: and be ſure to eſteem all changes of belief which offer themſelves in the time of your greateſt weakneſs (contrary to the perſwaſions of your beſt underſtanding) to be temptations, and reject them accordingly.

7. It is a prudent courſe, that in our health and beſt advantages we lay up particular arguments and inſtruments of perſwaſion and confidence, to be brought forth and uſed in the great day of expence; and that eſpecially in ſuch things in which we uſe to be moſt tempted, and in which we are leaſt confident, and which are moſt neceſſary, and which commonly the Devil uſes to aſſault us withall in the days of our viſitation.

8. The wiſdom of the Church of God is very remarkable in appointing Feſtivals or Holy-days, whoſe Solemnity and Offices have no other ſpecial buſineſs but to record the Article of the day; ſuch as *Trinity-Sunday*, *Aſcenſion*, *Eaſter*, *Chriſtmas-day*: and to thoſe perſons who can only believe, not prove or diſpute, there is no better inſtrument to cauſe the remembrance and plain notion, and to endear the affection and hearty aſſent to the Article, then the proclaiming and recommending it by the feſtivity and joy of a Holy-day.

## SECT. II.

### *Of the Hope of a Chriſtian.*

FAith differs from Hope in the extenſion of its object, and in the intenſion of degree. S. *Auſtin* thus accounts their difference. Faith is of all things revealed, good and bad, rewards and puniſhments, of things paſt, preſent and to come, of things that concern us and of things that concern us not; but Hope hath for its Object things only that are good and fit to be hoped for, future, and concerning our ſelves: and becauſe Enchirid. c. 8.

theſe

these things are offered to us upon conditions of which we may so fail as we may change our will, therefore our certainty is less then the adherences of Faith; which (because Faith relies only upon one proposition, that is, the truth of the Word of God) cannot be made uncertain in themselves, though the object of our Hope may become uncertain to us, and to our possession. For it is infallibly certain, that there is Heaven for all the godly, and for me amongst them all if I doe my duty. But that I shall enter into Heaven, is the object of my Hope, not of my Faith, and is so sure as it is certain I shall persevere in the ways of God.

*The acts of Hope are;*

1. To relie upon God with a confident expectation of his promises; ever esteeming that every promise of God is a magazine of all that grace and relief which we can need in that instance for which the promise is made. *Every degree of Hope is a degree of Confidence.*

2. To esteem all the danger of an action, and the possibilities of miscarriage, and every cross accident that can intervene, to be no defect on God's part, but either a mercy on his part, or a fault on ours: for then we shall be sure to trust in God when we see him to be our confidence, and our selves the cause of all mischances. *The Hope of a Christian is Prudent and religious.*

3. To rejoyce in the midst of a misfortune or seeming sadness, knowing that this may work for good, and will, if we be not wanting to our Souls. This is a direct act of Hope, to look through the cloud, and look for a beam of the light from God: and this is called in Scripture, *Rejoycing in tribulation*, when *the God of Hope fills us with all joy in believing. Every degree of Hope brings a degree of Joy.*

4. To desire, to pray, and to long for the great object of our Hope, the mighty price of our high Calling; and to desire the other things of this life as they are

are promiſed, that is, ſo far as they are made neceſſary and uſeful to us in order to God's glory and the great end of Souls. *Hope* and *Faſting* are ſaid to be the two wings of *Prayer*. Faſting is but as the wing of a Bird; but Hope is like the wing of an Angel ſoaring up to Heaven, and bears our prayers to the throne of Grace. Without Hope it is impoſſible to pray; but Hope makes our prayers reaſonable, paſſionate and religious; for it relies upon God's promiſe, or experience, or providence, and ſtory. *Prayer is always in proportion to our Hope zealous and affectionate.*

5. Perſeverance is the perfection of the duty of Hope, and its laſt act; and ſo long as our hope continues, ſo long we go on in duty and diligence: but he that is to raiſe a Caſtle in an hour, ſits down and does nothing towards it: and *Herod* the Sophiſter left off to teach his ſon, when he ſaw that 24 Pages appointed to wait on him, and called by the ſeveral Letters of the Alphabet, could never make him to underſtand his letters perfectly.

### *Rules to govern our Hope.*

1. *Let your Hope be moderate*, proportioned to your ſtate, perſon and condition, whether it be for gifts or graces, or temporal favours. It is an ambitious hope for perſons whoſe diligence is like them that are leaſt in the kingdom of Heaven, to believe themſelves endeared to God as the greateſt Saints, or that they ſhall have a throne equal to S. *Paul*, or the bleſſed Virgin *Mary*. A Stammerer cannot with moderation hope for the gifts of Tongues, or a Peaſant to become learned as *Origen*: or if a Beggar deſires or hopes to become a King, or asks for a thouſand pound a year, we call him impudent, not paſſionate, much leſs reaſonable. Hope that God will crown your endeavour with equal meaſures of that reward which he indeed freely gives, but yet gives according to our proportions. Hope for good ſucceſs according to, or not much beyond, the efficacy of the cauſes and the inſtruments and

let the Husbandman hope for a good Harveſt, not for a rich Kingdom, or a victorious Army.

2. *Let your Hope be well founded*, relying upon juſt confidences, that is, upon *God* according to his revelations and promiſes. For it is poſſible for a man to have a vain hope upon *God*: and in matters of Religion it is preſumption to hope that *God*'s mercies will be poured forth upon lazy perſons that do nothing towards holy and ſtrict walking, nothing (I ſay) but truſt, and long for an event beſides and againſt all diſpoſition of the means. Every falſe principle in Religion is a Reed of *Egypt*, falſe and dangerous. * Relie not in temporal things upon uncertain prophecies and Aſtrology, not upon our own wit or induſtry, not upon gold or friends, not upon Armies and Princes; expect not health from Phyſicians that cannot cure their own breath, much leſs their mortality: uſe all lawful inſtruments, but expect nothing from them above their natural or ordinary efficacy, and in the uſe of them from God expect a bleſſing. A hope that is
Jer. 17. 5. eaſie and credulous is an arm of fleſh, an ill ſupporter without a bone.

3. *Let your Hope be without vanity*, or gariſhneſs of ſpirit, but ſober, grave and ſilent, fixed in the heart, not born upon the lip, apt to ſupport our ſpirits within, but not to provoke envy abroad.

4. *Let your Hope be of things poſſible, ſafe and uſeful.* He that hopes for an opportunity of acting his revenge, or luſt, or rapine, watches to do himſelf a miſ-
Di coſi fuori di credenza Non vuoler far ſperanza. chief. All evils of our ſelves or brethren are objects of our fear, not hope: and when it is truly underſtood, things uſeleſs and unſafe can no more be wiſhed for, then things impoſſible can be obtained.

5. *Let your Hope be patient*, without tediouſneſs of ſpirit, or haſtineſs of prefixing time. Make no limits or preſcriptions to God, but let your prayers and endeavours go on ſtill with a conſtant attendance on the periods of God's providence. The men of *Bethulia* reſolved to wait upon God but five days longer: but deliverance ſtayed ſeven days, and yet came at laſt. And take not every accident for an argument of deſpair:

but

but go on ſtill in hoping, and begin again to work if any ill accident have interrupted you.

*Means of Hope, and remedies againſt Deſpair.*

The means to cure Deſpair, and to continue or increaſe Hope, are partly by conſideration, partly by exerciſe.

1. Apply your mind to the cure of all the proper cauſes of Deſpair: and they are weakneſs of Spirit, or violence of Paſſion. He that greedily covets is impatient of delay, and deſperate in contrary accidents; and he that is little of heart, is alſo little of hope, and apt to ſorrow and ſuſpicion. μικρόψυχοι μικρόλυποι.

2. Deſpiſe the things of the World, and be indifferent to all changes and events of providence: and for the things of God the promiſes are certain to be performed in kind; and where there is leſs variety of chance, there is leſs poſſibility of being (a) mocked: but he that creates to himſelf thouſands of little hopes, uncertain in the promiſe, fallible in the event, and depending upon ten thouſand circumſtances, (as are all the things of this World) ſhall often fail in his expectations, and be uſed to arguments of diſtruſt in ſuch hopes.

(a) Ἐλπὸς μὲν σὺ τύχῃ, μίσγε χαλκοβάτῃ, τλῶ ἰφθιμε βίεσσι·
Οὐκ ἴσα γὰρ Ζηνὸς θαλίῃσιν ἀρήρομεν ἀμφω·
Οὔτοι ἐγὼ μορίῃσιν ὁμοιωθήσομαι ἀλκὴν ἴσος·
Ὅσσα γὰρ ἀτρεκέως ἐκ ζωστῆρος, ἔμμορε δ' ὑμῖν
Φάσγανα καὶ ἐν ὑσμῖνι βαλεῖν ὀλίγ' ἀνδρὸς ἀρίστου.
Πεζὸς ἐὼν, σχεδόθεν, ὅτε μοι μένος ὄρνυται ἔντος
Εὔροιν' ἁρπάξας ἵππον θήσω δὶ νῶτα. Homer.

3. So long as your hopes are regular and reaſonable, though in temporal affairs, ſuch as are deliverance from enemies, eſcaping a ſtorm or ſhipwreck, recovery from a ſickneſs, ability to pay your debts, *&c.* remember that there are ſome things ordinary, and ſome things extraordinary to prevent Deſpair. In *ordinary* remember that the very hoping in God is

an endearment of him, and a means to obtain the bleſſing. [*I will deliver him becauſe he hath put his truſt in me.*] 2. There are in *God* all thoſe glorious Attributes and excellencies which in the nature of things can poſſibly create or confirm Hope. *God* is 1. Strong, 2. Wiſe, 3. True, 4. Loving. There cannot be added another capacity to create a confidence; for upon theſe premiſſes we cannot fail of receiving what is fit for us. 3. *God* hath obliged himſelf by promiſe that we ſhall have the good of every thing we deſire: for even loſſes and denial ſhall *work for the good of them that fear God.* And if we will truſt the Truth of *God* for performance of the general, we may well truſt his Wiſdom to chuſe for us the particular. * But the *extraordinaries* of *God* are apt to ſupply the defect of all natural and humane poſſibilities. 1. *God* hath in many inſtances given extraordinary virtue to the active cauſes and inſtruments: to a jaw-bone to kill a multitude; to 300 men to deſtroy a great Army; to *Jonathan* and his Armour-bearer to rout a whole Garriſon. 2. He hath given excellent ſufferance and vigorouſneſs to the ſufferers, arming them with ſtrange courage, heroical fortitude, invincible reſolution, and glorious patience: and thus he lays no more upon us then we are able to bear; for when he increaſes our ſufferings, he leſſens them by increaſing our patience. 3. His Providence is extraregular and produces ſtrange things beyond common rules: and he that led *Iſrael* through a Sea, and made a Rock pour forth waters, and the Heavens to give them bread and fleſh, and whole Armies to be deſtroyed with phantaſtick noiſes, and the fortune of all *France* to be recovered and intirely revolved by the arms and conduct of a Girl againſt the torrent of the *Engliſh* fortune and Chivalry; can do what he pleaſe, and ſtill retains the ſame affections to his people, and the ſame providence over mankind as ever. And it is impoſſible for that man to deſpair who remembers that *his* Heb. 2. 18. *helper is Omnipotent*, and can do what he pleaſe. Let us reſt there a while; he can if he pleaſe:

And

And he is *infinitely loving*, willing enough: And he is *infinitely wise*, chusing better for us then we can do for our selves. This in all ages and chances hath supported the afflicted people of *God*, and carried them on drie ground through a red Sea. *God* invites and cherishes the hopes of Men by all the variety of his Providence.

4. If your case be brought to the last extremity, and that you are at the pit's brink, even the very Margin of the Grave, yet then despair not; at least put it off a little longer, and remember that whatsoever final accident takes away all Hope from you, if you stay a little longer, and in the mean while bear it sweetly, it will also take away all Despair too. For when you enter into the regions of death, you rest from all your labours and your fears.

5. Let them who are tempted to despair of their salvation, consider how much Christ suffered to redeem us from sin and its eternal punishment: and he that considers this must needs believe that the desires which God had to save us were not less then infinite, and therefore not easily to be satisfied without it.

6. Let no man despair of God's mercies to forgive him, unless he be sure that his sins be greater then God's mercies. If they be not, we have much reason to hope that the stronger ingredient will prevail so long as we are in the time and state of repentance, and within the possibilities and latitude of the Covenant, and as long as any promise can but reflect upon him with an oblique beam of comfort. Possibly the man may erre in his judgment of circumstances, and therefore let him fear; but because it is not certain he is mistaken, let him not despair.

7. Consider that God, who knows all the events of Men and what their final condition shall be, who shall be saved, and who will perish, yet he treateth them as his own, calls them to be his own, offers fair conditions as to his own, gives them blessings, arguments of mercy, and instances of fear to call them off from death, and to call them home to life, and in all this shews no despair of happiness to them; and therefore much less should any man despair for himself, since

he never was able to read the Scrouls of the eternal predeſtination.

8. Remember that deſpair belongs only to paſſionate Fools or Villains, (ſuch as were *Achitophel* and *Judas*) or elſe to Devils and damned perſons: and as the hope of ſalvation is a good diſpoſition towards it; ſo is Deſpair a certain conſignation to eternal ruine. A man may be damned for deſpairing to be ſaved. Deſpair is the proper paſſion of damnation. *God hath placed truth and felicity in Heaven; curioſity and repentance upon Earth: but miſery and deſpair are the portions of Hell.* *V. Bede.*

9. Gather together into your ſpirit and its treaſure-houſe [the memory] not only all the promiſes of God, but alſo the remembrances of experience, and the former ſenſes of the Divine favours, that from thence you may argue from times paſt to the preſent, and enlarge to the future, and to greater bleſſings. For although the conjectures and expectations of Hope are not like the concluſions of Faith, yet they are a helmet againſt the ſcorchings of Deſpair in temporal things, and an anchor of the Soul ſure and ſtedfaſt againſt the fluctuations of the ſpirit in matters of the Soul. S. *Bernard* reckons divers principles of Hope by enumerating the inſtances of the Divine mercy; and we may by them reduce this rule to practice in the following manner. 1. God hath preſerved me from many ſins: his mercies are infinite: I hope he will ſtill preſerve me from more, and for ever. * 2. I have ſinned, and God ſmote me not: his mercies are ſtill over the penitent: I hope he will deliver me from all the evils I have deſerved. He hath forgiven me many ſins of malice, and therefore ſurely he will pity my infirmities.* 3. God viſited my heart and changed it: he loves the work of his own hands, and ſo my heart is now become: I hope he will love this too. * 4. When I repented he received me graciouſly; and therefore I hope if I do my endeavour he will totally forgive me. * 5. He helped my ſlow and beginning endeavours; and therefore I hope he will lead me to perfection. * 6. When he had given me ſomething firſt, then he gave

gave me more: I hope therefore he will keep me from falling, and give me the grace of perseverance. *7. He hath chosen me to be a Disciple of Christ's institution; he hath elected me to his Kingdom of grace; and therefore I hope also to the Kingdom of his glory. *8. He died for me when I was his enemy; and therefore I hope he will save me when he hath reconciled me to him, and is become my friend. *9. *God hath given us his Son; how should not he with him give us all things else?* All these S. *Bernard* reduces to these three Heads, as the instruments of all our hopes: 1. The charity of *God* adopting us, 2. The truth of his promises, 3. The power of his performance: which if any truly weighs, no infirmity or accident can break his hopes into undiscernible fragments, but some good planks will remain after the greatest storm and shipwreck. This was Saint *Paul*'s instrument: *Experience begets hope, and hope maketh not ashamed.*

10. Do thou take care only of thy duty, of the means and proper instruments of thy purpose, and leave the end to *God:* lay that up with him, and he will take care of all that is intrusted to him: and this being an act of confidence in God, is also a means of security to thee.

11. By special arts of spiritual prudence and arguments secure the confident belief of the Resurrection, and thou canst not but hope for every thing else which you may reasonably expect, or lawfully desire upon the stock of the Divine mercies and promises.

12. If a despair seises you in a particular temporal instance, let it not defile thy spirit with impure mixture, or mingle in spiritual considerations; but rather let it make thee fortifie thy Soul in matters of Religion, that by being thrown out of your Earthly dwelling and confidence, you may retire into the strengths of grace, and hope the more strongly in that, by how much you are the more defeated in this, that despair of a fortune or a success may become the necessity of all vertue.

## SECT. III.

### *Of Charity, or the Love of God.*

LOve is the greateſt thing that God can give us, for himſelf is Love; and it is the greateſt thing we can give to God, for it will alſo give our ſelves, and carry with it all that is ours. The Apoſtle calls it the band of perfection; it is *the Old*, and it is *the New*, and it is *the great Commandment*, and it is all the Commandments, for it *is the fulfilling of the Law*. It does the work of all other graces, without any inſtrument but its own immediate virtue. For as the love to ſin makes a man ſin againſt all his own Reaſon, and all the diſcourſes of wiſdom, and all the advices of his friends, and without temptation, and without opportunity: ſo does the love of God; it makes a man chaſt without the laborious arts of faſting and exteriour diſciplines, temperate in the midſt of feaſts, and is active enough to chuſe it without any intermedial appetites, and reaches at Glory through the very heart of Grace, without any other arms but thoſe of Love. It is a grace that loves God for himſelf, and our Neighbours for God. The conſideration of God's goodneſs and bounty, the experience of thoſe profitable and excellent emanations from him, may be, and moſt commonly are, the firſt motive of our Love: but when we are once entred, and have taſted the goodneſs of God, we love the ſpring for its own excellency, paſſing from paſſion to reaſon, from thanking to adoring, from ſenſe to ſpirit, from conſidering our ſelves to an union with God: and this is the image and little repreſentation of Heaven; it is beatitude in picture, or rather the infancy and beginnings of glory.

We need no incentives by way of ſpecial enumeration to move us to the love of God, for we cannot love any thing for any reaſon real or imaginary, but that excellence is infinitely more eminent in God. There can but two things create Love, *Perfection* and *Uſefulneſs*;

*fulneſs*; to which anſwer on our part, 1. *Admiration*, and 2. *Deſire*; and both theſe are centred in Love. *For the entertainment of the firſt*, there is in God an infinite nature, Immenſity or vaſtneſs without extenſion or limit, Immutability, Eternity, Omnipotence, Omniſcience, Holineſs, Dominion, Providence, Bounty, Mercy, Juſtice, Perfection in himſelf, and the End to which all things and all actions muſt be directed, and will at laſt arrive. The conſideration of which may be heightned, if we conſider our diſtance from all theſe glories; Our ſmallneſs and limited nature, our nothing, our inconſtancy, our age like a ſpan, our weakneſs and ignorance, our poverty, our inadvertency and inconſideration, our diſabilities and diſaffections to doe good, our harſh natures and unmerciful inclinations, our univerſal iniquity, and our neceſſities and dependencies, not only on God originally and eſſentially, but even our need of the meaneſt of God's creatures, and our being obnoxious to the weakeſt and moſt contemptible. But *for the entertainment of the ſecond*, we may conſider that in him is a torrent of pleaſure for the voluptuous, he is the fountain of honour for the ambitious, an inexhauſtible treaſure for the covetous. Our vices are in love with phantaſtick pleaſures and images of perfection, which are truly and really to be found nowhere but in *God*. And therefore our vertues have ſuch proper objects, that it is but reaſonable they ſhould all turn into Love: for certain it is that this Love will turn all into vertue. For in the ſcrutinies for righteouſneſs and judgment, *When it is inquired whether ſuch a perſon be a good man or no, the meaning is not, What does he believe? or what does he hope? but what he loves.* S. *Aug.* l. 2. Confeſ. c. 6.

*The acts of Love to God are,*

1. Love does all things which may pleaſe the beloved perſon; it performs all his commandments: and this is one of the greateſt inſtances and arguments of our love that *God* requires of us, [This is

Love,

Love, that we keep his commandments. [*Love is obedient.*]

2. It does all the intimations and ſecret ſignifications of his pleaſure whom we love; and this is an argument of a great degree of it. The firſt inſtance is it that makes the love accepted: but this gives a greatneſs and ſingularity to it. The firſt is the leaſt, and leſs then it cannot doe our duty: but without this ſecond we cannot come to perfection. *Great Love is alſo pliant and inquiſitive* in the inſtances of its expreſſion.

3. Love gives away all things, that ſo he may advance the intereſt of the beloved perſon: it relieves all that he would have relieved, and ſpends it ſelf in ſuch real ſignifications as it is enabled withall. He never loved God that will quit any thing of his Religion to ſave his mony. *Love is always liberal and communicative.*

4. It ſuffers all things that are impoſed by its beloved, or that can happen for his ſake, or that intervene in his ſervice, chearfully, ſweetly, willingly, expecting that God ſhould turn them into good, and
1 Cor. 13. inſtruments of felicity. *Charity hopeth all things, endureth all things. Love is patient* and content with any thing, ſo it be together with its beloved.

5. Love is alſo impatient of any thing that may diſpleaſe the beloved perſon, hating all ſin as the enemy of its friend; for love contracts all the ſame relations, and marries the ſame friendſhips and the ſame hatreds; and all affection to a ſin is perfectly inconſiſtent with the love of God. Love is not divided between *God* and *God's* enemy: we muſt love *God* with all our heart, that is, give him a whole and undivided affection, having love for nothing elſe but ſuch things which he allows, and which he commands or loves himſelf.

6. *Love endeavours for ever to be preſent*, to converſe with, to enjoy, to be united with its object, loves to be talking of him, reciting his praiſes, telling his ſtories, repeating his words, imitating his geſtures, tranſcribing his copy in every thing; and every degree

gree of union and every degree of likeneſs is a degree of love; and it can endure any thing but the diſpleaſure and the abſence of its beloved. For we are not to uſe *God* and *Religion* as men uſe perfumes, with which they are delighted when they have them, but can very well be without them. True charity is reſtleſs till it enjoys *God* in ſuch inſtances in which it wants him: it is like hunger and thirſt, it muſt be fed or it cannot be anſwered; and nothing can ſupply the preſence, or make recompence for the abſence of *God*, or of the effects of his favour, and the light of his countenance.

Amoris ut morſum qui verè ſenſerit.

7. *True Love in all accidents looks upon the beloved perſon*, and obſerves his countenance, and how he approves or diſapproves it, and accordingly looks ſad or chearful. He that loves *God* is not diſpleaſed at thoſe accidents which *God* chuſes, nor murmurs at thoſe changes which he makes in his family, nor envies at thoſe gifts he beſtows: but chuſes as he likes, and is ruled by his judgment, and is perfectly of his perſwaſion, loving to learn where *God* is the Teacher, and being content to be ignorant or ſilent where he is not pleaſed to open himſelf.

8. *Love is curious of little things*, or circumſtances and meaſures, and little accidents, not allowing to it ſelf any infirmity which it ſtrives not to maſter, aiming at what it cannot yet reach, deſiring to be of an angelical purity, and of a perfect innocence, and a Seraphical fervour, and fears every image of offence; is as much afflicted at an idle word as ſome at an act of adultery, and will not allow to it ſelf ſo much anger as will diſturb a child, nor endure the impurity of a dream. And this is the curioſity and niceneſs of divine Love; this is *the fear of God*, and is the daughter and production of Love.

Plutarchus citans carmen de ſuo Apolline, adjicit ex Herodoto quaſi de ſuo, *De eo os meum continens eſto.*

### *The Meaſures and Rules of Divine Love.*

But becauſe this paſſion is pure as the brighteſt and ſmootheſt mirrour, and therefore is apt to be ſullied with

with every impurer breath, we must be careful that our love to *God* be governed by these measures.

1. That our Love be sweet, even, and full of tranquillity, having in it no violences or transportations, but going on in a course of holy actions and duties which are proportionable to our condition and present state; not to satisfy all the desire, but all the probabilities and measures of our strength. A new beginner in Religion hath passionate and violent desires: but they must not be the measure of his actions: But he must consider his strength, his late sickness and state of death, the proper temptations of his condition, and stand at first upon his defence; not go to storm a strong Fort, or attaque a potent enemy, or doe heroical actions, and fitter for giants in Religion. Indiscreet violences and untimely forwardness are the rocks of Religion, against which tender spirits often suffer shipwreck.

2. Let our Love be prudent and without illusion: that is, that it express it self in such instances which God hath chosen, or which we chuse our selves by proportion to his rules and measures. Love turns into doting when Religion turns into Superstition. No degree of Love can be imprudent, but the expressions may: we cannot love God too much, but we may proclaim it in undecent manners.

3. Let our Love be firm, constant and inseparable; not coming and returning like the tide, but descending like a never-failing river, ever running into the Ocean of Divine excellency, passing on in the chanels of duty and a constant obedience, and never ceasing to be what it is, till it comes to what it desires to be; still being a river till it be turned into sea and vastness, even the immensity of a blessed Eternity.

Although the consideration of the Divine excellencies and mercies be infinitely sufficient to produce in us love to God, (who is invisible, and yet not distant from us, but we feel him in his blessings, he dwells in our hearts by faith, we feed on him in the Sacrament, and are made all one with him in the incarnation and glorification of *Jesus*;) yet that we may

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the better inkindle and increaſe our love to God, the following advices are not uſeleſs.

*Helps to encreaſe our Love to God, by way of Exerciſe.*

1. Cut off all earthly and ſenſual loves, for they pollute and unhallow the pure and Spiritual love. Every degree of inordinate affection to the things of this world, and every act of love to a ſin, is a perfect enemy to the love of God: and it is a great ſhame to take any part of our affection from the eternal God, to beſtow it upon its creature in defiance of the Creator; or to give it to the Devil, our open enemy, in diſparagement of him who is the fountain of all excellencies and Celeſtial amities.

2. Lay fetters and reſtraints upon the imaginative and phantaſtick part; becauſe our fancy being an imperfect and higher faculty is uſually pleaſed with the entertainments of ſhadows and gauds: and becauſe the things of the world fill it with ſuch beauties and phantaſtick imagery, the fancy preſents ſuch objects as amiable to the affections and elective powers. Perſons of fancy, ſuch as are women and children, have always the moſt violent loves: but therefore if we be careful with what repreſentments we fill our fancy, we may the ſooner rectify our loves. To this purpoſe it is good that we tranſplant the inſtruments of fancy into Religion: and for this reaſon muſick was brought into Churches, and ornaments, and perfumes, and comely garments, and ſolemnities, and decent ceremonies, that the buſie and leſs diſcerning fancy being bribed with its proper objects may be inſtrumental to a more celeſtial and ſpiritual love.

3. Remove ſolitude or worldly cares, and multitudes of ſecular buſineſſes: for if theſe take up the intention and actual application of our thoughts and our imployments, they will alſo poſſeſs our paſſions, which if they be filled with one object, though ignoble, cannot attend another, though more excellent.

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We always contract a friendſhip and relation with thoſe with whom we converſe: our very Countrey is dear to us for our being in it; and the Neighbours of the ſame Village, and thoſe that buy and ſell with us, have ſeiſed upon ſome portions of our love: and therefore if we dwell in the affairs of the World, we ſhall alſo grow in love with them; and all our love or all our hatred, all our hopes or all our fears, which the eternal God would willingly ſecure to himſelf, and eſteem amongſt his treaſures and precious things, ſhall be ſpent upon trifles and vanities.

4. Do not only chuſe the things of God, but ſecure your inclinations and aptneſſes for God and for Religion. For it will be a hard thing for a man to doe ſuch a perſonal violence to his firſt deſires, as to chuſe whatſoever he hath no mind to. A man will many times ſatisfy the importunity and daily ſolicitations of his firſt longings: and therefore there is nothing can ſecure our loves to God, but ſtopping the natural fountains, and making Religion to grow near the firſt deſires of the Soul.

5. Converſe with God by frequent prayer. In particular, deſire that your deſires may be right, and love to have your affections regular and holy. To which purpoſe make very frequent addreſſes to God by ejaculations and communions, and an aſſiduous daily devotion: Diſcover to him all your wants, complain to him of all your affronts; do as *Hezekiah* did, lay your misfortunes and your ill news before him, *ſpread them before the Lord*; call to him for health, run to him for counſel, beg of him for pardon: and it is as natural to love him to whom we make ſuch addreſſes, and of whom we have ſuch dependences, as it is for children to love their parents.

6. Conſider the immenſity and vaſtneſs of the Divine Love to us, expreſſed in all the emanations of his Providence; 1. *In his Creation*, 2. *In his Conſervation of us.* For it is not my Prince or my Patron, or my Friend that ſupports me, or relieves my needs; but God, who made the Corn that my friend ſends me, who

who created the Grapes, and supported him who hath as many dependences, and as many natural necessities, and as perfect disabilities as my self. God indeed made him the instrument of his providence to me, as he hath made his own Land or his own Cattel to him: with this only difference, that God by his ministration to me intends to doe him a favour and a reward, which to natural instruments he doth not. 3. *In giving his Son,* 4. *In forgiving our sins,* 5. *In adopting us to glory*; and ten thousand times ten thousand little accidents and instances happening in the doing every of these: and it is not possible but for so great love we should give love again, for *God* we should give *Man*, for felicity we should part with our misery. Nay, so great is the love of the holy *Jesus*, God incarnate, that he would leave all his triumphant glories, and die once more for Man, if it were necessary for procuring felicity to him.

Sic Jesus dixit S. Carpo apud Dionysium epist. ad Demophilum.

In the use of these instruments Love will grow in several knots and steps, like the Sugar-canes of *India*, according to a thousand varieties in the person loving; and it will be great or less in several persons, and in the same, according to his growth in Christianity. But in general discourſing there are but two states of Love, and those are *Labour of love*, and the *Zeal of love*: the first is duty, the second is perfection.

*The two states of Love to God.*

The least love that is must be *obedient*, *pure*, *simple*, and *communicative*: that is, it must exclude all affection to sin, and all inordinate affection to the World, and must be expressive according to our power in the instances of duty, and must be love for love's sake: and of this love Martyrdom is the highest instance, that is, a readiness of mind rather to *suffer* any evil then to *doe* any. Of this our blessed Saviour affirmed, *That no man had greater love then this*: that is, this is the highest point of duty, the greatest love that God requires of Man. And yet he that is the most imperfect,

ſect muſt have this love alſo in preparation of mind, and muſt differ from another in nothing, except in the degrees of promptneſs and alacrity. And in this ſenſe, he that loves God truly, (though but with a beginning and tender love) yet he loves God with all his heart, that is, with that degree of love which is the higheſt point of duty, and of God's charge upon us; and he that loves God with all his heart, may yet increaſe *with the increaſe of God:* juſt as there are degrees of love to God among the Saints, and yet each of them love him with all their powers and capacities.

2. But the greater ſtate of love is the *Zeal of love*, which runs out into excreſcences and ſuckers like a fruitful and pleaſant tree, or burſting into gums, and producing fruits, not of a monſtrous, but of an extraordinary and heroical greatneſs. Concerning which theſe cautions are to be obſerved.

*Cautions and Rules concerning Zeal.*

Καλὸν δὲ τὸ ζηλοῦσθαι ἐν καλῷ πάντοτε. Gal. 4. 18.

1. If Zeal be in the beginnings of our ſpiritual birth, or be ſhort, ſudden and tranſient, or be a conſequent of a man's natural temper, or come upon any cauſe but after a long growth of a temperate and well-regulated love, it is to be ſuſpected for paſſion and frowardneſs, rather then the vertical point of love.

2. That Zeal only is good which in a fervent love hath temperate expreſſions. For let the affection boyl as high as it can, yet if it boyl over into irregular and ſtrange actions, it will *have but few*, but *will need many excuſes*. *Elijah* was zealous for the Lord of Hoſts, and yet he was ſo tranſported with it, that he could not receive anſwer from God, till by muſick he was recompoſed and tamed: and *Moſes* broke both the Tables of the Law by being paſſionately zealous againſt them that brake the firſt.

3. Zeal muſt ſpend its greateſt heat principally in thoſe things that concern our ſelves; but with great care and reſtraint in thoſe that concern others.

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4. Remember that Zeal, being an excreſcence of Divine Love, muſt in no ſenſe contradict any action of Love. Love to God includes Love to our Neighbour, and therefore no pretence of zeal for God's glory muſt make us uncharitable to our brother; for that is juſt ſo pleaſing to God, as hatred is an act of Love. Phil. 3. 6.

5. That zeal that concerns others can ſpend it ſelf in nothing but arts and actions and charitable inſtruments for their good: and when it concerns the good of many that one ſhould ſuffer, it muſt be done by perſons of a competent authority, and in great neceſſity, in ſeldom inſtances, according to the Law of God or Man; but never by private right, or for trifling accidents, or in miſtaken propoſitions. The Zelots in the Old Law had authority to tranſfix and ſtab ſome certain perſons: but God gave them warrant; it was in the caſe of Idolatry, or ſuch notorious huge crimes, the danger of which was inſupportable, and the cognizance of which was infallible: and yet that warrant expired with the Synagogue.

6. Zeal in the inſtances of our own duty and perſonal deportment is more ſafe then in matters of counſel, and actions beſides our juſt duty, and tending towards perfection. Though in theſe inſtances there is not a direct ſin, even where the zeal is leſs wary, yet there is much trouble and ſome danger: (as if it be ſpent in the too-forward vows of Chaſtity, and reſtraints of natural and innocent liberties.)

7. Zeal may be let looſe in the inſtances of internal, perſonal, and ſpiritual actions, that are matters of direct duty; as in prayers, and acts of adoration, and thankſgiving, and frequent addreſſes: provided that no indirect act paſs upon them to defile them; ſuch as complacency, and opinions of ſanctity, cenſuring others, ſcruples and opinions of neceſſity, unneceſſary fears, ſuperſtitious numbrings of times and hours: but let the zeal be as forward as it will, as devout as it will, as Seraphical as it will, in the direct addreſs and entercourſe with God, there is no danger, no tranſgreſſion. Do all the parts of your duty as earneſtly as if

the salvation of all the world, and the whole glory of God, and the confusion of all Devils, and all that you hope or desire did depend upon every one action.

Lavora come se tu havessi a compar ogni hora: Adora come se tu havessi a morir al hora.

8. Let Zeal be seated in the will and choice, and regulated with prudence and a sober understanding, not in the fancies and affections; for *these* will make it full of noise and empty of profit, but *that* will make it deep and smooth, material and devout.

Rom. 10. 2.

The sum is this: That Zeal is not a direct duty, no where commanded for it self, and is nothing but a forwardness and circumstance of another duty, and therefore is then only acceptable when it advances the Love of God and our Neighbours, whose circumstance it is. That Zeal is only safe, only acceptable, which increases Charity directly: and because love to our Neighbour and obedience to God are the two great portions of charity, we must never account our Zeal to be good, but as it advances both these, if it be in a matter that relates to both; or severally, if it relates severally. S. *Paul*'s Zeal was expressed in preaching without any offerings or stipend, in travelling, in spending and being spent for his flock, in suffering, in being willing to be accursed for love of the people of God and his Country-men. Let our Zeal be as great as his was, so it be in affections to others, but not at all in angers against them: In the first there is no danger; in the second there is no safety. In brief, let your Zeal (if it must be expressed in anger) be always more severe against thy self then against others.

Tit. 2. 14. Rev. 3. 16.

2 Cor. 7. 11.

¶ *The other part of Love to God is Love to our Neighbour, for which I have reserved the Paragraph of Alms.*

### *Of the external actions of Religion.*

Religion teaches us to present to God our Bodies as well as our Souls; for God is the Lord of both: and if the body serves the Soul in actions natural and civil and intellectual, it must not be eased in the only offices

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of Religion, unless the body shall expect no portion of the rewards of Religion, such as are resurrection, re-union, and glorification. *Our bodies* are to God *a living sacrifice*: and to *present them to God* is *holy and acceptable.* a Rom. 12. 1.

The actions of the Body as it serves to Religion, and as it is distinguished from Sobriety and Justice, either relate to the Word of God, or to Prayer, or to Repentance, and make these kinds of external actions of Religion: 1. Reading and hearing the Word of God; 2. Fasting and corporal austerities, called by S. *Paul*, *bodily exercise*; 3. Feasting, or keeping days of publick joy and thanksgiving.

## SECT. IV.

### *Of Reading or Hearing the Word of God.*

READING and Hearing the Word of God are but the several circumstances of the same duty; instrumental especially to Faith, but consequently to all other graces of the Spirit. It is all one to us whether by the eye or by the ear the Spirit conveys his precepts to us. If we hear Saint *Paul* saying to us, that [*Whoremongers and adulterers God will judge*] or read it in one of his Epistles; in either of them we are equally and sufficiently instructed. The Scriptures read are the same thing to us which the same doctrine was when it was preached by the Disciples of our blessed Lord; and we are to learn of either with the same dispositions. There are many that cannot read the Word, and they must take it in by the ear; and they that can read find the same Word of God by the eye. It is necessary that all men learn it in some way or other, and it is sufficient in order to their practice that they learn it any way. *The Word of God* is all those Commandments and Revelations, those promises and threatnings, the stories and sermons recorded in the Bible: nothing else is the *Word of God*, that we know of by any certain instrument. The good books and spiritu-

ſpiritual diſcourſes, the Sermons or Homilies written or ſpoken by Men, are but *the Word of men*, or rather explications of, and exhortations according to the *Word of God*: but of themſelves they are not the *Word of God*. In a Sermon, the Text only is in a proper ſenſe to be called *God's Word*: and yet good Sermons are of great uſe and convenience for the advantages of Religion. He that preaches an hour together againſt drunkenneſs with the tongue of men or Angels, hath ſpoke no other word of God but this, [*Be not drunk with wine wherein there is exceſs*:] and he that writes that Sermon in a book, and publiſhes that book, hath preached to all that read it a louder Sermon then could be ſpoken in a Church. This I ſay to this purpoſe, that we may ſeparate truth from error, popular opinions from ſubſtantial Truths. For God preaches to us in the Scripture, and by his ſecret aſſiſtances and ſpiritual thoughts and holy motions: Good men preach to us when they by popular arguments and humane arts and compliances expound and preſs any of thoſe doctrines which God hath preached unto us in his holy Word. But

1. The Holy Ghoſt is certainly the beſt Preacher in the World, and the words of Scripture the beſt Sermons.

2. All the doctrine of Salvation is plainly ſet down there, that the moſt unlearned perſon, by hearing it read, may underſtand all his duty. What can be plainer ſpoken then this, [*Thou ſhalt not kill. Be not drunk with wine. Husbands, love your Wives. Whatſoever ye would that men ſhould do to you, do ye ſo to them?*] The wit of Man cannot more plainly tell us our duty, or more fully, then the Holy Ghoſt hath done already.

3. Good Sermons and good books are of excellent uſe: but yet they can ſerve no other end but that we practiſe the plain doctrines of Scripture.

4. What *Abraham* in the parable ſaid concerning the brethren of the rich man, is here very proper: *They have Moſes and the Prophets, let them hear them: But if they refuſe to hear theſe, neither will they believe though*

Luke 16. 29, 31.

*though one should arise from the dead* to preach unto them.

5. Reading the holy Scriptures is a duty expressly * commanded us, and is called in Scripture [*Preaching:*] all other preaching is the effect of humane skill and industry, and although of great benefit, yet it is but an Ecclesiastical ordinance; the Law of God concerning Preaching being expressed in the matter of Reading the Scriptures, and Hearing that Word of God *which is*, and *as it is* there described.

*Deut. 31. 13. Luke 24. 45. Matt. 22. 29. Acts 15. 21. Rev. 1. 3. 2 Tim. 3. 16.

But this duty is reduced to practice in the following Rules.

*Rules for Hearing or Reading the Word of God.*

1. Set apart some portion of thy time, according to the opportunities of thy calling and necessary imployment, for the reading of holy Scripture; and, if it be possible, every day read or hear some of it read: you are sure that book teaches all truth, commands all holiness, and promises all happiness.

2. When it is in your power to chuse, accustom your self to such portions which are most plain and certain duty, and which contain the story of the Life and Death of our blessed Saviour. Read the Gospels, the Psalms of *David*; and especially those portions of Scripture which by the wisdom of the Church are appointed to be publickly read upon Sundays and Holy-days, *viz.* the Epistles and Gospels. In the choice of any other portions you may advise with a Spiritual Guide, that you may spend your time with most profit.

3. Fail not diligently to attend to the reading of holy Scriptures upon those days wherein it is most publickly and solemnly read in Churches: for at such times, besides the learning our duty, we obtain a blessing along with it, it becoming to us upon those days a part of the solemn Divine worship.

4. When the Word of God is read or preached to you, be sure you be of a ready heart and mind,

free from worldly cares and thoughts, diligent to hear, careful to mark, studious to remember, and desirous to practise all that is commanded, and to live according to it. Do not hear for any other end but to become better in your life, and to be instructed in every good work, and to increase in the love and service of God.

5. Beg of God by prayer that he would give you the spirit of obedience and profit, and that he would by his Spirit write the Word in your heart, and that you describe it in your life. To which purpose serve your self of some affectionate ejaculations to that purpose, before and after this duty.

*Concerning spiritual Books and ordinary Sermons, take in these advices also.*

6. Let not a prejudice to any man's person hinder thee from receiving good by his doctrine, if it be according to godliness; but (if occasion offer it, or especially if duty present it to thee, that is, if it be preached in that assembly where thou art bound to be present) accept the word preached as a message from God, and the Minister as his Angel in that ministration.

7. Consider and remark the doctrine that is represented to thee in any discourse; and if the Preacher adds accidental advantages, any thing to comply with thy weakness, or to put thy spirit into action, or holy resolution, remember it, and make use of it. But if the Preacher be a weak person, yet the Text is the doctrine thou art to remember: that contains all thy duty, it is worth thy attendance to hear that spoken often, and renewed upon thy thoughts: and though thou beest a learned man, yet the same thing which thou knowest already, if spoken by another, may be made active by that application. I can better be comforted by my own consideration, if another hand applies them, than if I do it my self; because the Word of God does not work as a natural agent, but as a Divine instrument: it does not prevail by the force of deduc-

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tion and artificial discourſings only, but chiefly by way of bleſſing in the ordinance, and in the miniſtery of an appointed perſon. At leaſt obey the publick order, and reverence the conſtitution, and give good example of humility, charity and obedience.

8. When Scriptures are read, you are only to enquire with diligence and modeſty into the meaning of the Spirit: but if Homilies or Sermons be made upon the words of Scripture, you are to conſider whether all that be ſpoken be conformable to the Scriptures. For although you may practiſe for humane reaſons, and humane arguments miniſtred from the Preacher's art; yet you muſt practiſe nothing but the command of God, nothing but the Doctrine of Scripture, that is, the Text.

9. Uſe the advice of ſome ſpiritual or other prudent man for the choice of ſuch ſpiritual books which may be of uſe and benefit for the edification of thy ſpirit in the ways of holy living; and eſteem that time well accounted for that is prudently and affectionately imployed in hearing or reading good books and pious diſcourſes; ever remembring that God by hearing us ſpeak to him in prayer, obliges us to hear him ſpeak to us in his Word, by what inſtrument ſoever it be conveyed.

## SECT. V.

### *Of Faſting.*

FAſting, if it be conſidered in it ſelf without relation to ſpiritual ends, is a duty no where enjoyned or counſelled. But Chriſtianity hath to do with it as it may be made an inſtrument of the Spirit by ſubduing the luſts of the fleſh, or removing any hindrances of Religion. And it hath been practiſed by all ages of the Church, and adviſed in order to three miniſteries; 1. to Prayer, 2. to Mortification of bodily luſts, 3. to Repentance: and it is to be practiſed according to the following meaſures.

*Rules for Christian Fasting.*

1. Fasting in order to Prayer is to be measured by the proportions of the times of prayer: that is, it ought to be a total fast from all things during the solemnity, (unless a probable necessity intervene.) Thus the *Jews* ate nothing upon the Sabbath-days till their great offices were performed, that is, about the sixth hour: and S. *Peter* used it as an argument that the Apostles in Pentecost were not drunk, because it was but the third hour of the day, of such a day in which it was not lawful to eat or drink till the sixth hour: and the *Jews* were offended at the disciples for plucking the ears of corn on the Sabbath early in the morning, because it was before the time in which by their customs they esteemed it lawful to break their fast. In imitation of this custom, and in prosecution of the reason of it, the Christian Church hath religiously observed fasting before the holy Communion; and the more devout persons (though without any obligation at all) refused to eat or drink till they had finished their morning devotions: and farther yet upon days of publick Humiliation, which are designed to be spent wholly in Devotion, and for the averting God's judgments, (if they were imminent) fasting is commanded together with prayer; commanded (I say) by the Church to this end, that the spirit might be clearer and more Angelical when it is quitted in some proportions from the loads of flesh.

2. Fasting, when it is *in order to Prayer*, must be a total abstinence from all meat, or else an abatement of the quantity: for the help which fasting does to prayer cannot be served by changing flesh into fish, or milk-meats into dry diet; but by turning much into little, or little into none at all, during the time of solemn and extraordinary prayer.

3. Fasting, *as it is instrumental to Prayer*, must be attended with other aids of the like virtue and efficacy; such as are removing for the time all worldly cares and secular

secular businesses; and therefore our blessed Saviour enfolds these parts within the same caution. [*Take heed lest your hearts be overcharged with surfeiting and drunkenness, and the cares of this world, and that day overtake you unawares.*] To which adde *Alms*; for upon the wings of fasting and alms holy prayer infallibly mounts up to Heaven.

Jejunium sine eleemosyna, lampas sine oleo. *Aug.*

4. When *Fasting is intended to serve the duty of Repentance*, it is then best chosen when it is short, sharp and effective; that is, *either a total abstinence* from all nourishment (according as we shall appoint, or be appointed) during such a time as is separate for the solemnity and attendance upon the imployment: or if we shall extend our severity beyond the solemn days, and keep our anger against our sin, as we are to keep our sorrow, that is, always in readiness, and often to be called upon; *then to refuse a pleasant morsel*, to abstain from the bread of our desires, and only to take wholsome and less-pleasing nourishment, vexing our appetite by the refusing a lawful satisfaction, since in its petulancy and luxury it preyed upon an unlawful.

5. *Fasting designed for repentance* must be ever joyned with an extreme care that we fast from sin: for there is no greater folly or undecency in the world, then to commit that for which I am now judging and condemning my self. This is the best Fast, and the other may serve to promote the interest of this, by encreasing the disaffection to it, and multiplying arguments against it.

6. *He that fasts for repentance* must, during that solemnity, abstain from all bodily delights, and the sensuality of all his senses and his appetites: for a man must not, when he mourns in his Fast, be merry in his sport; weep at dinner, and laugh all day after; have a silence in his kitchin, and musick in his chamber; judge the stomach, and feast the other senses. I deny not but a man may in a single instance punish a particular sin with a proper instrument. If a man have offended in his palate, he may chuse to fast only; if he have sinned in softness and in his touch, he may chuse to lie hard, or work hard, and use sharp inflictions:

flictions: but although this Discipline be proper and particular, yet because the sorrow is of the whole Man, no sense must rejoyce, or be with any study or purpose feasted and entertained softly. This rule is intended to relate to the solemn days appointed for Repentance publickly or privately: besides which in the whole course of our life, even in the midst of our most festival and freer joys, we may sprinkle some single instances and acts of self-condemning, or punishing; as to refuse a pleasant morsel or a delicious draught with a tacit remembrance of the sin that now returns to displease my spirit. And though these actions be single, there is no undecency in them, because a man may abate of his ordinary liberty and bold freedom with great prudence, so he does it without singularity in himself, or trouble to others; but he may not abate of his solemn sorrow: *that* may be *caution*; but *this* would be softness, effeminacy and undecency.

7. When *fasting is an act of mortification*, that is, is intended to subdue a bodily lust, as the spirit of fornication, or the fondness of strong and impatient appetites, it must not be a sudden, sharp and violent Fast, but *a state of fasting*, a diet of fasting, a daily lessening our portion of meat and drink, and a chusing such a course diet which may make the least preparation for the lusts of the body. He that fasts three days without food, will weaken other parts more then the ministers of fornication: and when the meals return as usually, they also will be served as soon as any. In the mean time they will be supplied and made active by the accidental heat that comes with such violent fastings: for this is a kind of aerial Devil; the Prince that rules in the air is the Devil of fornication; and he will be as tempting with the windiness of a violent fast, as with the flesh of an ordinary meal. But a daily subtraction of the nourishment will introduce a less busie habit of body, and that will prove the more effectual remedy.

Digiuna assai chi mal mangia.

Chi digiuna & altro ben non fa, Sparagna il pane, & al inferno va.

8. Fasting alone will not cure this Devil, though it helps much towards it: but it must not therefore be neglected, but assisted by all the proper instruments

See Chap. 2. Sect. 2. & 3.

ments of remedy against this unclean spirit; and what it is unable to doe alone, in company with other instruments, and God's blessing upon them, it may effect.

9. All fasting, for whatsoever end it be undertaken, must be done without any opinion of the necessity of the thing it self, without censuring others, with all humility, in order to the proper end; and just as a man takes physick, of which no man hath reason to be proud, and no man thinks it necessary, but because he is in sickness, or in danger and disposition to it.

10. All Fasts ordained by lawful authority are to be observed in order to the same purposes to which they are enjoyned; and to be accompanied with actions of the same nature, just as it is in private fasts: for there is no other difference, but that in publick our Superiours chuse for us, what in private we do for our selves.

11. Fasts ordained by lawful authority are not to be neglected, because alone they cannot doe the thing in order to which they were enjoyned. It may be one day of Humiliation will not obtain the blessing, or alone kill the lust, yet it must not be despised if it can doe any thing towards it. An act of Fasting is an act of self-denial, and though it do not produce the habit, yet it is a good act.

12. When the principal end why a Fast is publickly prescribed is obtained by some other instrument in a particular person, as if the spirit of Fornication be cured by the rite of Marriage, or by a gift of Chastity; yet that person so eased is not freed from the Fasts of the Church by that alone, if those fasts can prudently serve any other end of Religion, as that of prayer, or repentance, or mortification of some other appetite: for when it is instrumental to any end of the Spirit, it is freed from Superstition, and then we must have some other reason to quit us from the Obligation, or that alone will not doe it.

13. When the Fast publickly commanded by reason of some indisposition in the particular person cannot

not operate to the end of the Commandment; yet the avoiding offence, and the complying with publick order, is reason enough to make the obedience to be necessary. For he that is otherwise disobliged (as when the reason of the Law ceases as to his particular, yet) remains still obliged if he cannot do otherwise without scandal: but this is an obligation of Charity, not of Justice.

14. All fasting is to be used with prudence and charity: for there is no end to which fasting serves, but may be obtained by other instruments: and therefore it must at no hand be made an instrument of scruple, or become an enemy to our health, or be imposed upon persons that are sick or aged, or to whom it is in any sense uncharitable, such as are wearied Travellers; or to whom in the whole kind of it it is useless, such as are Women with child, poor people, and little children. But in these cases the Church hath made provision, and inserted caution into her Laws; and they are to be reduced to practice according to custom, and the sentence of prudent persons, with great latitude, and without niceness and curiosity: having this in our first care, that we secure our vertue, and next that we secure our health, that we may the better exercise the labours of vertue, lest out of too much austerity we bring our selves to that condition, * that it be necessary to be indulgent to softness, ease and extreme tenderness.

* S. *Basil.* Monast. Constit. cap. 5. *Cassian.* col. 21. cap. 22. Nè per causam necessitatis eo impingamus, ut voluptatibus serviamus.

15. Let not intemperance be the Prologue or the Epilogue to your Fast, lest the Fast be so far from taking off any thing of the sin, that it be an occasion to increase it: and therefore when the Fast is done, be careful that no supervening act of gluttony or excessive drinking unhallow the religion of the passed day; but eat temperately according to the proportion of other meals, lest gluttony keep either of the gates to abstinence.

Ἀμυνόμενος τὴν ἡμέραν. Naz.

### *The benefits of Fasting.*

He that undertakes to enumerate the benefits of Fasting, may in the next page also reckon all the benefits

nefits of phyſick: for Faſting is not to be commended as a duty, but as an inſtrument; and in that ſenſe no man can reprove it, or undervalue it, but he that knows neither ſpiritual arts, nor ſpiritual neceſſities. But by the Doctours of the Church it is called the nouriſhment of prayer, the reſtraint of luſt, the wings of the Soul, the diet of Angels, the inſtrument of humility and ſelf-denial, the purification of the Spirit: and the paleneſs and meagreneſs of viſage which is conſequent to the daily Faſt of great mortifiers, is by S. *Baſil* ſaid to be the mark in the Forehead which the Angel obſerved when he ſigned the Saints in the Forehead to eſcape the wrath of God. [*The ſoul that is greatly vexed, which goeth ſtooping and feeble, and the eyes that fail, and the hungry ſoul, ſhall give thee praiſe and righteouſneſs, O Lord.*] Baruch 2. v. 18.

## SECT. VI.

### *Of keeping Feſtivals, and days holy to the Lord: particularly, the Lord's day.*

TRue natural Religion, that which was common to all Nations and Ages, did principally rely upon four great propoſitions: 1. That there is one God; 2. That God is nothing of thoſe things which we ſee; 3. That God takes care of all things below, and governs all the World; 4. That he is the great Creator of all things without himſelf: and according to theſe were fram'd the four firſt precepts of the Decalogue. In the firſt, the Unity of the Godhead is expreſly affirmed. In the ſecond, his inviſibility and immateriality. In the third is affirmed God's government and providence, by avenging them that ſwear falſly by his Name; by which alſo his Omniſcience is declared. In the fourth Commandment he proclaims himſelf the Maker of Heaven and Earth: for in memory of God's reſt from the work of ſix days, the ſeventh was hallowed into a Sabbath; and the keeping it was a confeſſing God to

to be the great Maker of Heaven and Earth, and consequently to this, it also was a confession of his Goodness, his Omnipotence and his Wisdom, all which were written with a Sun-beam in the great book of the Creature.

So long as the Law of the Sabbath was bound upon God's people, so long God would have that to be the solemn manner of confessing these attributes: but when, *the Priesthood being changed, there was a change also of the Law*, the great duty remain'd unalterable in changed circumstances. We are eternally bound to confess God Almighty to be the Maker of Heaven and Earth; but the manner of confessing it is chang'd from a rest or a doing nothing to a speaking something, from a day to a Symbol, from a ceremony to a substance, from a Jewish rite to a Christian duty: we profess it in our Creed, we confess it in our lives, we describe it by every line of our life, by every action of duty, by faith, and trust, and obedience: and we do also upon great reason comply with the Jewish manner of confessing the Creation, so far as it is instrumental to a real duty. We keep one day in seven, and so confess the manner and circumstance of the Creation; and we rest also that we may tend holy duties: so imitating God's rest better then the Jew in *Synesius*, who lay upon his face from evening to evening, and could not by stripes or wounds be raised up to steer the ship in a great storm. God's rest was not a natural cessation; he who could not labour could not be said to rest: but God's rest is to be understood to be a beholding and a rejoycing in his work finished: and therefore we truly represent God's rest, when we confess and rejoyce in God's Works and God's glory.

This the Christian Church does upon every day, but especially upon the Lord's day, which she hath set apart for this and all other Offices of Religion, being determined to this day by the Resurrection of her dearest Lord, it being the first day of joy the Church ever had. And now upon the Lord's day

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we are not tied to the rest of the Sabbath, but to all the work of the Sabbath; and we are to abstain from bodily labour, not because it is a direct duty to us as it was to the Jews, but because it is necessary in order to our duty that we attend to the Offices of Religion.

The observation of the Lord's day differs nothing from the observation of the Sabbath *in the matter of Religion*, but *in the manner*. They differ *in the ceremony and external rite*: Rest with them was the principal; with us it is the accessory. They differ *in the office or forms of worship*: For they were then to worship God as a Creator and a gentle Father; we are to adde to that, *Our Redeemer*, and all his other excellencies and mercies. And though we have more natural and proper reason to keep the Lord's day then the Sabbath, yet the Jews had a divine Commandment for their day, which we have not for ours: but we have many Commandments to doe all that honour to God which was intended in the fourth Commandment, and the Apostles appointed the first day of the week for doing it in solemn Assemblies. And the manner of worshipping God, and doing him solemn honour and service upon this day, we may best observe in the following measures.

*Rules for keeping the Lord's day and other Christian Festivals.*

1. When you go about to distinguish Festival days from common, do it not by lessening the devotions of ordinary days, that the common devotion may seem bigger upon Festivals; but on every day keep your ordinary devotions entire, and enlarge upon the Holy-day.

2. Upon *the Lord's day* we must abstain from all servile and laborious works, except such which are *matters of necessity, of common life, or of great charity*: for these are permitted by that authority which hath separated the day for holy uses. The Sabbath of the Jews, though consisting principally in rest, and esta-

eſtabliſhed by God, did yield to theſe. *The labour of Love* and the labours of Religion were not againſt the reaſon and the ſpirit of the Commandment, for which the Letter was decreed, and to which it ought to miniſter. And therefore much more is it ſo on the Lord's day, where the Letter is wholly turned into Spirit, and there is no Commandment of God but of ſpiritual and holy actions. The Prieſts might kill their beaſts and dreſs them for ſacrifice; and Chriſt, though born under the Law, might heal a ſick man; and the ſick man might carry his bed to witneſs his recovery, and confeſs the mercy, and leap and dance to God for joy; and an Ox might be led to water, and an Aſs be haled out of a ditch; and a Man may take phyſick, and he may eat meat, and therefore there were of neceſſity ſome to prepare and miniſter it: and the performing theſe labours did not conſiſt in minutes and juſt determining ſtages, but they had, even then, a reaſonable latitude; ſo only as to exclude unneceſſary labour, or ſuch as did not miniſter to Charity or Religion. And therefore this is to be enlarged in the Goſpel, whoſe Sabbath or reſt is but a circumſtance, and acceſſory to the principal and ſpiritual duties. Upon the Chriſtian Sabbath neceſſity is to be ſerved firſt, then Charity, and then Religion; for this is to give place to Charity *in great inſtances*, and the ſecond to the firſt *in all*; and in all caſes *God is to be worſhipped in ſpirit and in truth*.

3. The Lord's day, being the remembrance of a great bleſſing, muſt be a day of joy, feſtivity, ſpiritual rejoycing and thankſgiving: and therefore it is a proper work of the day to let your devotions ſpend themſelves in ſinging or reading Pſalms, in recounting the great works of God, in remembring his mercies, in worſhipping his excellencies, in celebrating his attributes, in admiring his perſon, in ſending portions of pleaſant meat to them for whom nothing is provided, and in all the arts and inſtruments of advancing God's glory and the reputation of Religion, in which it were a great decency that a memorial of the reſurrection ſhould be inſerted, that the particular Religion

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of the day be not ſwallowed up in the general. And of this we may the more eaſily ſerve our ſelves by riſing ſeaſonably in the morning to private devotion, and by retiring at the leiſures and ſpaces of the day not imployed in publick offices.

4. Fail not to be preſent at the publick hours and places of prayer, entring early and chearfully, attending reverently and devoutly, abiding patiently during the whole office, piouſly aſſiſting at the prayers, and gladly alſo hearing the Sermon; and at no hand omitting to receive the holy Communion when it is offered, (unleſs ſome great reaſon excuſe it) this being the great ſolemnity of thankſgiving, and a proper work of the day.

5. After the ſolemnities are paſt, and in the intervals between the morning and evening devotion, (as you ſhall find opportunity) viſit ſick perſons, reconcile differences, do offices of neighbourhood, inquire into the needs of the poor, eſpecially houſe-keepers, relieve them as they ſhall need and as you are able: for then we truly rejoyce in God, when we make our neighbours, the poor members of Chriſt, rejoyce together with us.

6. Whatſoever you are to do your ſelf as neceſſary, you are to take care that others alſo, who are under your charge, do in their ſtation and manner. Let your ſervants be called to Church, and all your family that can be ſpared from neceſſary and great houſhold miniſteries: thoſe that cannot let them go by turns, and be ſupplied otherwiſe as well as they may: and provide on theſe days eſpecially that they be inſtructed in the articles of Faith and neceſſary parts of their duty.

7. Thoſe who labour hard in the week muſt be eaſed upon the Lord's day; ſuch eaſe being a great charity and alms: but at no hand muſt they be permitted to uſe any unlawful games, any thing forbidden by the Laws, any thing that is ſcandalous, or any thing that is dangerous and apt to mingle ſin with it; no games prompting to wantonneſs, to drunkenneſs, to quarrelling, to ridiculous and ſuperſtitious cuſtomes; but

let their refreshments be innocent, and charitable, and of good report, and not exclusive of the duties of Religion.

8. Beyond these bounds because neither God nor Man hath passed any obligation upon us, we must preserve our *Christian liberty, and not suffer our selves to be intangled with a yoke of bondage:* for even a good action may become a snare to us, if we make it an occasion of scruple by a pretence of necessity, binding loads upon the conscience not with the bands of God, but of men, and of fancy, or of opinion, or of tyranny. Whatsoever is laid upon us by the hands of Man, must be acted and accounted of by the measures of a man: but our best measure is this, He keeps the Lord's day best that keeps it with most Religion and with most Charity.

9. What the Church hath done in the article of the Resurrection, she hath in some measure done in the other articles of the Nativity, of the Ascension, and of the Descent of the Holy Ghost at Pentecost: and so great blessings deserve an anniversary solemnity; since he is a very unthankful person that does not often record them in the whole year, and esteem them the ground of his hopes, the object of his faith, the comfort of his troubles, and the great effluxes of the divine mercy, greater then all the victories over our temporal enemies, for which all glad persons usually give thanks. And if with great reason the memory of the Resurrection does return solemnly every week, it is but reason the other should return once a year. * To which I add, that the commemoration of the articles of our Creed in solemn days and offices is a very excellent instrument to convey and imprint the sense and memory of it upon the spirits of the most ignorant persons. For as a picture may with more fancy convey a story to a man then a plain narrative either in word or writing: so a real representment, and an office of remembrance, and a day to declare it, is far more impressive then a picture, or any other art of making and fixing imagery.

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10. The memories of the Saints are precious to God, and therefore they ought also to be so to us; and such persons who served God by holy living, industrious preaching, and religious dying, ought to have their names preserved in honour, and God be glorified in them, and their holy doctrines and lives published and imitated: and we by so doing give testimony to the article of *the communion of Saints*. But in these cases as every Church is to be sparing in the number of days, so also should she be temperate in her injunctions, not imposing them but upon voluntary and unbused persons, without snare or burthen. But the Holy-day is best kept by giving God thanks for the excellent persons, Apostles or Martyrs, we then remember, and by imitating their lives: this all may do; and they that can also keep the solemnity, must do that too when it is publickly enjoyned.

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*The mixt actions of Religion are,* 1. *Prayer,* 2. *Alms,* 3. *Repentance,* 4. *Receiving the blessed Sacrament.*

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## SECT. VII.

### *Of Prayer.*

THere is no greater argument in the world of our spiritual danger and unwillingness to Religion, then the backwardness which most men have always, and all men have sometimes, to say their prayers; so weary of their length, so glad when they are done, so witty to excuse and frustrate an opportunity: and yet all is nothing but a desiring of God to give us the greatest and the best things we can need, and which can make us happy: it is a work so easie, so honourable, and to so great purpose, that in all the instances of Religion and Providence (except only the Incarnation of his Son) God hath not given us a greater argument of his willingness to have us saved, and of our

unwillingneſs to accept it, his goodneſs and our careleſneſs, his infinite condeſcenſion and our careleſneſs and folly, then by rewarding ſo eaſie a duty with ſo great bleſſings.

*Motives to Prayer.*

I cannot ſay any thing beyond this very conſideration and its appendages to invite Chriſtian people to pray often. But we may conſider that 1. It is a duty commanded by God and his holy Son. 2. It is an act of grace and higheſt honour, that we duſt and aſhes are admitted to ſpeak to the eternal God, to run to him as to a Father, to lay open our wants, to complain of our burthens, to explicate our ſcruples, to beg remedy and eaſe, ſupport and counſel, health and ſafety, deliverance and ſalvation. And 3. God hath invited us to it by many gracious promiſes of hearing us. 4. He hath appointed his moſt glorious Son to be the Precedent of Prayer, and to make continual interceſſion for us to the throne of Grace. 5. He hath appointed an Angel to preſent the Prayers of his ſervants. And 6. Chriſt unites them to his own, and ſanctifies them, and makes them effective and prevalent; and 7. Hath put it into the hands of men to reſcind or alter all the decrees of God which are of one kind (that is, conditional, and concerning our ſelves and our final eſtate, and many inſtances of our intermedial or temporal) by the power of prayers. 8. And the prayers of men have ſaved cities and kingdoms from ruine: Prayer hath raiſed dead men to life, hath ſtopped the violence of fire, ſhut the mouths of wild beaſts, hath altered the courſe of nature, cauſed rain in *Egypt*, and drought in the ſea; it made the Sun to go from Weſt to Eaſt, and the Moon to ſtand ſtill, and rocks and mountains to walk; and it cures diſeaſes without phyſick, and makes phyſick to do the work of nature, and nature to do the work of grace, and grace to do the work of God, and it does miracles of accident and event: and yet Prayer, that does

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all this, is of it self nothing but an ascent of the mind to God, a desiring things fit to be desired, and an expression of this desire to God as we can, and as becomes us. And our unwillingness to pray is nothing else but a not desiring what we ought passionately to long for; or if we do desire it, it is a chusing rather to miss our satisfaction and felicity, then to ask for it.

There is no more to be said in this affair, but that we reduce it to practice according to the following Rules.

*Rules for the practice of Prayer.*

1. We must be careful that we never ask any thing of God that is sinful, or that directly ministers to sin: for that is to ask of God to dishonour himself, and to undo us. We had need consider what we pray; for before it returns in blessing it must be joyn'd with Christ's intercession, and presented to God. Let us principally ask of God power and assistances to do our duty, to glorifie God, to do good works, to live a good life, to die in the fear and favour of God, and eternal life: these things God delights to give, and commands that we shall ask, and we may with confidence expect to be answered graciously; for these things are promised without any reservation of a secret condition; if we ask them, and do our duty towards the obtaining them, we are sure never to miss them.

2. We may lawfully pray to God for the gifts of the Spirit that minister to holy ends, such as are the gift of preaching, the spirit of prayer, good expression, a ready and unloosed tongue, good understanding, learning, opportunities to publish them, *&c.* with these only restraints. 1. That we cannot be so confident of the event of those prayers as of the former. 2. That we must be curious to secure our intention in these desires, that we may not ask them to serve our own ends, but only for God's glory; and then we shall have them, or a blessing for desiring them. In order to such

purposes our intentions in the first desires cannot be amiss; because they are able to sanctifie other things, and therefore cannot be unhallowed themselves. 3. We must submit to God's Will, desiring him to chuse our imployment, and to furnish our persons as he shall see expedient.

3. Whatsoever we may lawfully desire of temporal things, we may lawfully ask of God in prayer, and we may expect them as they are promised. 1. Whatsoever is necessary to our life and being is promised to us: and therefore we may with certainty expect food and raiment; food to keep us alive, cloathing to keep us from nakedness and shame: so long as our life is permitted to us, so long all things necessary to our life shall be ministred. We may be secure of maintenance, but not secure of our life; for that is promised, not this: only concerning food and raiment we are not to make accounts by the measure of our desires, but by the measure of our needs. 2. Whatsoever is convenient for us, pleasant, and modestly delectable, we may pray for: so we do it, 1. with submission to God's Will; 2. without impatient desires; 3. that it be not a trifle and inconsiderable, but a matter so grave and concerning, as to be a fit matter to be treated on between God and our Souls; 4. that we ask it not to spend upon our lusts, but for ends of justice, or charity, or Religion, and that they be imployed with sobriety.

1 John 3. 22. John 9. 31. Isa. 1. 15. & 58. 9. Mal. 3. 10. 1 Tim. 2. 8. Psal 4. 6. & 66. 8.

4. He that would pray with effect, must live with care and piety. For although God gives to sinners and evil persons the common blessings of life and chance; yet either they want the comfort and blessing of those blessings, or they become occasions of sadder accidents to them, or serve to upbraid them in their ingratitude or irreligion: and in all cases, they are not the effects of prayer, or the fruits of promise, or instances of a father's love; for they cannot be expected with confidence, or received without danger, or used without a curse and mischief in their company. * But as all sin is an impediment to prayer, so some have a special indisposition towards acceptation; such are

Un-

Uncharitableneſs and Wrath, Hypocriſie in the preſent action, Pride and Luſt: becauſe theſe by defiling the body or the ſpirit, or by contradicting ſome neceſſary ingredient in prayer, (ſuch as are Mercy, Humility, Purity and Sincerity) do defile the prayer, and make it a direct ſin in the circumſtances or formality of the action.

5. All Prayer muſt be made with Faith and Hope: that is, we muſt *certainly believe* we ſhall receive the grace which *God hath commanded us to ask*; and we muſt *hope* for ſuch things which he hath *permitted us to ask*; and our Hope ſhall not be vain, though we miſs what is not abſolutely promiſed, becauſe we ſhall at leaſt have an equal bleſſing in the denial as in the grant. And therefore the former conditions muſt firſt be ſecured; that is, that we ask things neceſſary, or at leaſt good and innocent and profitable, and that our perſons be gracious in the eyes of God: or elſe what God hath promiſed to our natural needs, he may in many degrees deny to our perſonal incapacity: but the thing being ſecur'd, and the perſon diſpos'd, there can be no fault at all; for whatſoever elſe remains is on God's part, and that cannot poſſibly fail. But becauſe the things which are not commanded cannot poſſibly be ſecured, (for we are not ſure they are good in all circumſtances) we can but hope for ſuch things even after we have ſecur'd our good intentions. We are ſure of a bleſſing, but in what inſtance we are not yet aſſured. Mark 11.24. Jam. 1.6, 7.

6. Our prayers muſt be fervent, intenſe, earneſt and importunate, when we pray for things of high concernment and neceſſity. [*Continuing inſtant in prayer: ſtriving in prayer: labouring fervently in prayer: night and day praying exceedingly: praying always with all prayer*] ſo S. *Paul* calls it: [*watching unto prayer*] ſo S. *Peter*: [*praying earneſtly*] ſo S. *James*. And this is not at all to be abated in matters ſpiritual and of duty; for according as our deſires are, ſo are our prayers; and as our prayers are, ſo ſhall be the grace; and as that is, ſo ſhall be the meaſure of glory. But this admits of degrees according to the perfection or im- Rom. 12.12. & 15. 30. Col. 4.12. 1 Theſ. 3.10. Epheſ. 6. 18. 1 Pet. 4. 7. Jam. 5. 16.

perfection of our state of life: but it hath no other measures, but ought to be as great as it can; the bigger the better; we must make no positive restraints upon our selves. In other things we are to use a bridle: and as we must limit our desires with submission to God's will, so also we must limit the importunity of our prayers by the moderation and term of our desires. Pray for it as earnestly as you may desire it.

7. Our desires must be lasting, and our prayers frequent, assiduous and continual: not asking for a blessing once, and then leaving it; but daily renewing our suits, and exercising our hope, and faith, and patience, and long-suffering, and Religion, and Resignation, and self-denial in all the degrees we shall be put to. This circumstance of duty our blessed Saviour taught, saying, [that *men ought always to pray and not to faint.*]
Luke 18. 1. & 21. 36.
*Always to pray* signifies the frequent doing of the duty in general: but because we cannot always ask several things, and we also have frequent need of the same thing, and those are such as concern our great interest, the precept comes home to this very circumstance, and S. *Paul* calls it [*praying without ceasing,*]
1 Thes. 5. 17.
and himself in his own case gave a precedent, [*For this cause I besought the Lord thrice.*] And so did our blessed Lord, *he went thrice* to God on the same errand, with the same words, in a short space, about half a night; for his time to solicit his suit was but short. And the *Philippians* were remembered by the Apostle,
Phil. 1. 4.
their spiritual Father, *always in every prayer of his.* And thus we must always pray for the pardon of our sins, for the assistance of God's grace, for charity, for life eternal, never giving over till we die: and thus also we pray for supply of great temporal needs in their several proportions; in all cases being curious we do not give over out of weariness or impatience. For God oftentimes defers to grant our suit, because he loves to hear us beg it, and hath a design to give us more then we ask, even a satisfaction of our desires, and a blessing for the very importunity.

8. Let the words of our prayers be pertinent, grave, material,

material, not ſtudiouſly many, but according to our need, ſufficient to expreſs our wants, and to ſignify our importunity. God hears us not the ſooner for our many words, but much the ſooner for an earneſt deſire; to which let apt and ſufficient words miniſter, be they few or many, according as it happens. A long prayer and a ſhort differ not in their capacities of being accepted; for both of them take their value according to the fervency of ſpirit, and the charity of the prayer. That prayer which is ſhort by reaſon of an impatient ſpirit, or dulneſs, or deſpite of holy things, or indifferency of deſires, is very often criminal, always imperfect; and that prayer which is long out of oſtentation, or ſuperſtition, or a trifling ſpirit, is as criminal and imperfect as the other in their ſeveral inſtances. This rule relates to private prayer. In publick, our devotion is to be meaſured by the appointed office, and we are to ſupport our ſpirit with ſpiritual arts, that our private ſpirit may be a part of the publick ſpirit, and be adopted into the ſociety and bleſſings of the communion of Saints.

9. In all forms of prayer mingle petition with thankſgiving, that you may endear the preſent prayer and the future bleſſing by returning praiſe and thanks for what we have already received. This is S. *Paul's* advice, [*Be careful for nothing; but in every thing by prayer and ſupplication with thankſgiving, let your requeſts be made known unto God.* Phil. 4. 6.]

10. Whatever we beg of God, let us alſo work for it, if the thing be matter of duty, or a conſequent to induſtry. For God loves to bleſs labour and to reward it, but not to ſupport idleneſs. And therefore our bleſſed Saviour in his Sermons joyns watchfulneſs with Prayer: for God's graces are but aſſiſtances, not new creations of the whole habit in every inſtant or period of our life. Read Scriptures, and then pray to God for underſtanding. Pray againſt temptation; but you muſt alſo *reſiſt the Devil*, and then *he will flee from you.* Ask of

εἶτα λέγομεν, Κύριε ὁ θεὸς, πῶς μὴ ἀγωνιῶ; μωρὲ, χεῖρας ἐκ ἔχεις; ἐκ ἐποίησέ σοι αὐτὰς ὁ θεός; εὔχου νῦν καθήμενος, ὅπως αἱ μύξαι σου μὴ ῥέωσιν· ἀπέμυξαι μᾶλλον. Arrian. l. 2. c. 16.

of God competency of living: but you must also *work with your hands the things that are honest, that ye may have to supply in time of need.* We can but doe our endeavour, and pray for a blessing, and then leave the success with God: and beyond this we cannot deliberate, we cannot take care; but so far we must.

11. To this purpose let every man study his prayers, and read his duty in his Petitions. For the body of our prayer is the sum of our duty: and as we must ask of God whatsoever we need; so we must labour for all that we ask. Because it is our duty, therefore we must pray for God's grace: but because God's grace is necessary, and without it we can doe nothing, we are sufficiently taught, that in the proper matter of our religious Prayers is the just matter of our duty; and if we shall turn our Prayers into precepts, we shall the easier turn our hearty desires into effective practices.

Inter sacra & vota verbis etiam profanis abstinere. *Tacit.*

12. In all our Prayers we must be careful to attend our present work, having a present mind, not wandring upon impertinent things, not distant from our words, much less contrary to them: and if our thoughts do at any time wander, and divert upon other objects, bring them back again with prudent and severe arts; by all means striving to obtain a diligent, a sober, an untroubled and a composed spirit.

13. Let your posture and gesture of body in Prayers be reverent, grave, and humble: according to publick order, or the best examples, if it be in publick; if it be in private, either stand, or kneel, or lie flat upon the ground on your face, in your ordinary and more solemn prayers; but in extraordinary, casual and ejaculatory prayers, the reverence and devotion of the Soul, and the lifting up the eyes and hands to God with any other posture not undecent, is usual and commendable; for we may pray in bed, on horse-back, *every where, and at all times*, and in all circumstances: and it is well if we do so: and some servants have not opportunity to pray so often as they would, unless they supply the appetites of Religion by such accidental devotions.

1 Tim. 2. 8.

14. [*Let*

14. *Let prayers and ſupplications and giving of thanks be made for all men: for Kings and all that are in authority. For this is good and acceptable in the ſight of God our Saviour.*] 1 Tim. 2. 2
We who muſt love our Neighbours as our ſelves, muſt alſo pray for them as for our ſelves: with this only difference, that we may enlarge in our temporal deſires for Kings, and pray for ſecular proſperity to them with more importunity then for our ſelves, becauſe they need more to enable their duty and government, and for the intereſts of Religion and Juſtice. This part of Prayer is by the Apoſtle called [*Interceſſion,*] in which with ſpecial care we are to remember our Relatives, our Family, our Charge, our Benefactors, our Creditors; not forgetting to beg pardon and charity for our Enemies, and protection againſt them.

15. Relie not on a ſingle prayer in matters of great concernment; but make it as publick as you can by obtaining of others to pray for you: this being the great bleſſing of the communion of Saints, that a prayer united is ſtrong like a well-ordered Army; and God loves to be tied faſt with ſuch cords of love, and conſtrained by a holy violence.

16. Every time that is not ſeiz'd upon by ſome other duty, is ſeaſonable enough for prayer: but let it be performed as a ſolemn duty morning and evening, that God may begin and end all our buſineſs, and *the out-going of the morning and evening may praiſe him*; for ſo we bleſs *God*, and *God* bleſſes us. And yet fail not to find or make opportunities to worſhip *God* at ſome other times of the day; at leaſt by ejaculations and ſhort addreſſes, more or leſs, longer or ſhorter, ſolemnly or without ſolemnity, privately or publickly, as you can, or are permitted: always remembring that as every ſin is a degree of danger and unſafety; ſo every pious prayer and well-employed opportunity is a degree of return to hope and pardon.

*Cautions*

*Cautions for making Vows.*

17. A vow to *God* is an act of prayer, and a great degree and instance of importunity, and an increase of duty by some new uncommanded instance, or some more eminent degree of duty, or frequency of action, or earnestness of spirit in the same. And because it hath pleased *God* in all Ages of the World to admit of entercourse with his servants in the matters of vows, it is not ill advice, that we make vows to *God* in such cases in which we have great need, or great danger. But let it be done according to these rules and by these cautions.

1. That the matter of the Vow be lawful. 2. That it be useful in order to Religion or Charity. 3. That it be grave, not trifling and impertinent, but great in our proportion of duty towards the blessing. 4. That it be in an uncommanded instance, that is, that it be *of something*, or *in some manner*, or *in some degree* to which formerly we were not obliged, or which we might have omitted without sin. 5. That it be done with prudence, that is, that it be safe in all the circumstances of person, lest we beg a blessing, and fall into a snare. 6. That every vow of a new action be also accompanied with a new degree and enforcement of our essential and unalterable duty: such as was *Jacob*'s vow, that (besides the payment of a tithe) *God should be his God*: that so he might strengthen his duty to him first in essentials and precepts, and then in additionals and accidentals. For it is but an ill tree that spends more in leaves and suckers and gumms then in fruit: and that thankfulness and Religion is best that first secures duty, and then enlarges in counsels. Therefore let every great prayer, and great need, and great danger draw us nearer to God by the approach of a pious purpose to live more strictly; and let every mercy of God answering that prayer produce a real performance of it. 7. Let not young beginners in Religion enlarge

enlarge their hearts and ſtreighten their liberty by vows of long continuance: nor (indeed) any one elſe, without a great experience of himſelf, and of all accidental dangers. Vows of ſingle actions are ſafeſt, and proportionable to thoſe ſingle bleſſings ever begg'd in ſuch caſes of ſudden and tranſient importunities. 8. Let no action which is matter of queſtion and diſpute in Religion ever become the matter of a vow. He vows fooliſhly that promiſes to God to live and die in ſuch an opinion, in an article not neceſſary, nor certain; or that, upon confidence of his preſent guide, binds himſelf for ever to the profeſſion of what he may afterwards more reaſonably contradict, or may find not to be uſeful, or not profitable, but of ſome danger, or of no neceſſity.

Anguſtum annulum non geſta, dixit Pythag. id eſt, Vitæ genus liberum ſectare, nec vinculo temetipſum obſtringe. *Pluarch.*

Sic Novatus novitios ſuos compulit ad jurandum nè unquam ad Catholicos Epiſcopos rediirent. *Euſeb. l. 2. Eccl. hiſt.*

If we obſerve the former rules, we ſhall pray piouſly and effectually: but becauſe even this duty hath in it ſome ſpecial temptations, it is neceſſary that we be armed by ſpecial remedies againſt them. The dangers are, 1. Wandring thoughts, 2. Tediouſneſs of ſpirit. Againſt the firſt theſe advices are profitable.

### *Remedies againſt wandring thoughts in Prayer.*

If we feel our ſpirits apt to wander in our prayers, and to retire into the World, or to things unprofitable, or vain and impertinent;

1. Uſe Prayer to be aſſiſted in Prayer: pray for the ſpirit of ſupplication, for a ſober, fixed and recollected ſpirit: and when to this you adde a moral induſtry to be ſteady in your thoughts, whatſoever wandrings after this do return irremediably, are a miſery of Nature and an imperfection, but no ſin, while it is not cheriſhed and indulged to.

2. In private it is not amiſs to attempt the cure by reducing your Prayers into Collects and ſhort forms of prayer, making voluntary interruptions, and beginning again, that the want of ſpirit and breath may be ſupplied by the ſhort ſtages and periods.

3. When

3. When you have observed any considerable wandring of your thoughts, bind your self to repeat that prayer again with actual attention, or else revolve the full sense of it in your spirit, and repeat it in all the effects and desires of it: and possibly the tempter may be driven away with his own art, and may cease to interpose his trifles, when he perceives they do but vex the person into carefulness and piety; and yet he loses nothing of his devotion, but doubles the earnestness of his care.

4. If this be not seasonable or opportune, or apt to any mans circumstances, yet be sure with actual attention to say a hearty Amen to the whole prayer with one united desire, earnestly begging the graces mentioned in the Prayer: for that desire does the great work of the Prayer, and secures the blessing, if the wandring thoughts were against our will, and disclaimed by contending against them.

5. Avoid multiplicity of businesses of the world; and in those that are unavoidable, labour for an evenness and tranquillity of spirit, that you may be untroubled and smooth in all tempests of fortune: for so we shall better tend Religion, when we are not torn in pieces with the cares of the World, and seized upon with low affections, passions and interest.

6. It helps much to attention and actual advertisement in our prayers, if we say our prayers silently, without the voice, only by the spirit. For in mental prayer if our thoughts wander we only stand still; when our mind returns we go on again; there is none of the prayer lost, as it is if our mouths speak and our hearts wander.

7. To incite you to the use of these or any other counsels you shall meet with, remember that it is a great undecency to desire of God to hear those prayers, a great part whereof we do not hear our selves. If they be not worthy of our attention, they are far more unworthy of God's.

*Signs of tediouſneſs of ſpirit in our Prayers and all actions of Religion.*

The ſecond temptation in our Prayer is a tediouſneſs of ſpirit, or a wearineſs of the employment; like that of the Jews, who complained that they were weary of the new Moons, and their ſouls loathed the frequent return of their Sabbaths: ſo do very many Chriſtians, who firſt pray without fervour and earneſtneſs of ſpirit; and ſecondly, meditate but ſeldom, and that without fruit, or ſenſe, or affection; or thirdly, who ſeldom examine their conſciences, and when they do it, they do it but ſleepily, ſlightly, without compunction, or hearty purpoſe, or fruits of amendment. 4. They enlarge themſelves in the thoughts and fruition of temporal things, running for comfort to them only in any ſadneſs and misfortune. 5. They love not to frequent the Sacraments, nor any the inſtruments of Religion, as Sermons, Confeſſions, Prayers in publick, Faſtings: but love eaſe, and a looſe undiſciplin'd life. 6. They obey not their Superiours, but follow their own judgment, when their judgment follows their affections, and their affections follow ſenſe and worldly pleaſures. 7. They neglect, or diſſemble, or defer, or do not attend to the motions and inclinations to vertue which the Spirit of God puts into their Soul. 8. They repent them of their vows and holy purpoſes, not becauſe they diſcover any indiſcretion in them, or intolerable inconvenience, but becauſe they have within them labour, (as the caſe now ſtands) to them diſpleaſure. 9. They content themſelves with the firſt degrees and neceſſary parts of vertue; and when they are arrived thither, they ſit down, as if they were come to the mountain of the Lord, and care not to proceed on toward perfection. 10. They enquire into all caſes in which it may be lawful to omit a duty; and though they will not do leſs then they are bound to, yet they will do no more then needs muſt; for they do out of fear and ſelf-love, not out of the love of God, or the ſpirit

ſpirit of holineſs and zeal. The event of which will be this: He that will do no more then needs muſt, will ſoon be brought to omit ſomething of his duty, and will be apt to believe leſs to be neceſſary then is.

### *Remedies againſt Tediouſneſs of ſpirit.*

The Remedies againſt this temptation are theſe.

1. Order your private devotions ſo, that they become not arguments and cauſes of tediouſneſs by their indiſcreet length; but reduce your words into a narrower compaſs, ſtill keeping all the matter, and what is cut off in the length of your prayers, ſupply in the earneſtneſs of your ſpirit: for ſo nothing is loſt, while the words are changed into matter, and length of time into fervency of devotion. The forms are made not the leſs perfect, and the ſpirit is more, and the ſcruple is removed.

2. It is not imprudent if we provide variety of forms of Prayer to the ſame purpoſes, that the change by conſulting with the appetites of fancy may better entertain the ſpirit: and poſſibly we may be pleaſed to recite a Hymn, when a Collect ſeems flat to us and unpleaſant; and we are willing to ſing rather then to ſay, or to ſing this rather then that: we are certain that variety is delightful; and whether that be natural to us, or an imperfection, yet if it be complied with, it may remove ſome part of the temptation.

3. Break your office and devotion into fragments, and make frequent returnings by ejaculations and abrupt entercourſes with God: for ſo, no length can oppreſs your tenderneſs and ſickleneſs of ſpirit; and by often praying in ſuch manner and in all circumſtances, we ſhall habituate our Souls to prayer, by making it the buſineſs of many leſſer portions of our time: and by thruſting it in between all our other employments, it will make every thing reliſh of Religion, and by degrees turn all into its nature.

4. Learn to abſtract your thoughts and deſires from pleaſures and things of the world. For nothing is a direct

direct cure to this evil, but cutting off all other loves and adherences. Order your affairs so, that Religion may be propounded to you as a reward, and Prayer as your defence, and holy actions as your security, and Charity and good works as your treasure. Consider that all things else are satisfactions but to the brutish part of a Man, and that these are the refreshments and reliſhes of that noble part of us by which we are better then beasts: and whatsoever other instrument, exercise or consideration is of use to take our loves from the world, the same is apt to place them upon God.

5. Do not seek for deliciousnes and sensible consolations in the actions of Religion, but only regard the duty and the conscience of it. For although in the beginning of Religion most frequently, and at some other times irregularly, God complies with our infirmity, and encourages our duty with little overflowings of spiritual joy, and sensible pleasure, and delicacies in prayer, so as we seem to feel some little beam of Heaven, and great refreshments from the Spirit of consolation; yet this is not always safe for us to have, neither safe for us to expect and look for: and when we do, it is apt to make us cool in our enquiries and waitings upon Christ when we want them: It is a running after him, not for the miracles, but for the loaves; not for the wonderful things of God, and the desires of pleasing him, but for the pleasure of pleasing our selves. And as we must not judge our devotion to be barren or unfruitful when we want the overflowings of joy running over: so neither must we cease for want of them. If our spirits can serve God chusingly and greedily out of pure conscience of our duty, it is better in it self, and more safe to us.

6. Let him use to soften his spirit with frequent meditation upon sad and dolorous objects, as of Death, the terrors of the day of Judgment, fearful judgments upon sinners, strange horrid accidents, fear of God's wrath, the pains of Hell, the unspeakable amazements of the damned, the intolerable load of a sad Eternity. For whatsoever creates fear, or

makes the ſpirit to dwell in a religious ſadneſs, is apt to entender the ſpirit, and make it devout and pliant to any part of duty. For a great fear, when it is ill managed, is the parent of ſuperſtition; but a diſcreet and well-guided fear produces Religion.

7. Pray often and you ſhall pray oftner; and when you are accuſtomed to a frequent devotion, it will ſo inſenſibly unite to your nature and affections, that it will become trouble to omit your uſual or appointed prayers: and what you obtain at firſt by doing violence to your inclinations, at laſt will not be left without as great unwillingneſs as that by which at firſt it entred. This rule relies not only upon reaſon derived from the nature of habits, which turn into a ſecond nature, and make their actions eaſie, frequent and delightful: but it relies upon a reaſon depending upon the nature and conſtitution of Grace, whoſe productions are of the ſame nature with the parent, and increaſes it ſelf, naturally growing from graines to huge trees, from minutes to vaſt proportions, and from moments to Eternity. But be ſure not to omit your uſual prayers without great reaſon, though without ſin it may be done; becauſe after you have omitted ſomething, in a little while you will be paſſed the ſcruple of that, and begin to be tempted to leave out more. Keep your ſelf up to your uſual forms: you may enlarge when you will; but do not contract or leſſen them without a very probable reaſon.

8. Let a man frequently and ſeriouſly by imagination place himſelf upon his Death-bed, and conſider what great joys he ſhall have for the remembrance of every day well ſpent, and what then he would give that he had ſo ſpent all his days. He may gueſs at it by proportions: for it is certain he ſhall have a joyful and proſperous night who hath ſpent his day holily; and he reſigns his Soul with peace into the hands of God who hath lived in the peace of God and the works of Religion in his life-time. This conſideration is of a real event, it is of a thing that will certainly come to paſs. *It is appointed for all men once to die, and after death*

*death comes Judgment*; the apprehenſion of which is dreadful, and the preſence of it is intolerable, unleſs by Religion and Sanctity we are diſpos'd for ſo venerable an appearance.

9. To this may be uſeful that we conſider the eaſineſs of Chriſt's yoke, the excellencies and ſweetneſſes that are in Religion, the peace of conſcience, the joy of the Holy Ghoſt, the rejoycing in God, the ſimplicity and pleaſure of vertue, the intricacy, trouble and buſineſs of ſin; the bleſſings and health and reward *of that*, the curſes, the ſickneſſes and ſad conſequences *of this*; and that if we are weary of the labours of Religion, we muſt eternally ſit ſtill and do nothing: for whatſoever we do contrary to it, is infinitely more full of labour, care, difficulty, and vexation. See the Great Exemplar, Part 3. Diſc. 14. of the Eaſineſs of Chriſtian Religion.

10. Conſider this alſo, that tediouſneſs of ſpirit is the beginning of the moſt dangerous condition and eſtate in the whole world. For it is a great diſpoſition to the ſin againſt the Holy Ghoſt: it is apt to bring a man to back-ſliding and the ſtate of unregeneration, to make him return to his vomit and his ſink, and either to make the man impatient, or his condition ſcrupulous, unſatisfied, irkſome and deſperate: and *it is better that he had never known the way of godlineſs, then after the knowledge of it, that he ſhould fall away.* There is not in the world a greater ſign that the ſpirit of Reprobation is beginning upon a man, then when he is habitually and conſtantly, or very frequently, weary, and ſlights or loaths holy Offices.

11. The laſt remedy that preſerves the hope of ſuch a man, and can reduce him to the ſtate of zeal and the love of God, is a pungent, ſad, and a heavy affliction; not deſperate, but recreated with ſome intervals of kindneſs, or little comforts, or entertained with hopes of deliverance: which condition if a man ſhall fall into, by the grace of God he is likely to recover; but if this help him not, it is infinite odds but he will *quench the Spirit.*

## SECT. VIII.

### *Of Alms.*

LOve is communicative as fire, as buſie and as active, and it hath four twin-daughters, extreme like each other; and but that the Doctors of the School have done as *Thamar*'s Midwife did, who bound a Scarlet thred, ſomething to diſtinguiſh them, it would be very hard to call them aſunder. Their names are, 1. *Mercy*, 2. *Beneficence*, or well-doing, 3. *Liberality*, and 4. *Alms*; which by a ſpecial privilege hath obtained to be called after the mother's name, and is commonly called *Charity*. The firſt or eldeſt is ſeated in the affection, and it is that which all the other muſt attend. For Mercy without Alms is acceptable, when the perſon is diſabled to expreſs outwardly what he heartily deſires. But Alms without Mercy are like prayers without devotion, or Religion without Humility. 2. *Beneficence*, or well-doing, is a promptneſs and nobleneſs of mind, making us to do offices of courteſie and humanity to all ſorts of perſons in their need, or out of their need. 3. *Liberality* is a diſpoſition of mind oppoſite to Covetouſneſs, and conſiſts in the deſpite and neglect of mony upon juſt occaſions, and relates to our friends, children, kindred, ſervants, and other relatives. 4. But *Alms* is a relieving the poor and needy. The firſt and the laſt only are duties of Chriſtianity. The ſecond and third are circumſtances and adjuncts of theſe duties: for *Liberality* increaſes the degree of Alms, making our gift greater; and *Beneficence* extends it to more perſons and orders of men, ſpreading it wider. The former makes us ſometimes to give more then we are able; and the latter gives to more then need by the neceſſity of beggars, and ſerves the needs and conveniences of perſons, and ſupplies circumſtances: whereas properly, *Alms* are doles and largeſſes to the neceſſitous and calamitous

tous people, ſupplying the neceſſities of Nature, and giving remedies to their miſeries.

Mercy and Alms are the body and Soul of that charity which we muſt pay to our Neighbour's need: and it is a precept which God therefore enjoyned to the World, that the great inequality which he was pleaſed to ſuffer in the poſſeſſions and accidents of men, might be reduced to ſome temper and evenneſs; and the moſt miſerable perſon might be reconciled to ſome ſenſe and participation of felicity.

### *Works of Mercy, or the ſeveral kinds of corporal Alms.*

The works of Mercy are ſo many as the affections of Mercy have objects, or as the World hath kinds of miſery. Men want meat, or drink, or cloaths, or a houſe, or liberty, or attendance, or a grave. In proportion to theſe, ſeven works are uſually aſſigned to Mercy, and there are ſeven kinds of corporal Alms reckoned. 1. To feed the hungry. 2. To give drink to the thirſty. 3. Or cloaths to the naked. 4. To redeem captives. 5. To viſit the ſick. 6. To entertain ſtrangers. 7. To bury the dead *. But many more may be added. Such as are 8. to give phyſick to ſick perſons. 9. To bring cold and ſtarved people to warmth and to the fire; for ſometimes cloathing will not do it; or this may be done when we cannot do the other. 10. To lead the blind in right ways. 11. To lend money. 12. To forgive debts. 13. To remit forfeitures. 14. To mend high-ways and bridges. 15. To reduce or guide wandring travellers. 16. To eaſe their labours by accommodating their work with apt inſtruments, or their journey with beaſts of carriage. 17. To deliver the poor from their oppreſſors. 18. To die for my brother *. 19. To pay maidens dowries, and to procure for them honeſt and chaſt marriages.

Matt. 25. 35.

* Matth. 26. 12. 2 Sam. 2. 5.

* Nobilis hæc eſſet pietatis rixa duobus;
Quòd pro fratre mori vellet uterque prior. *Mart.*

*Works of spiritual Alms and mercy* are,

1. To teach the ignorant. 2. To counsel doubting persons. 3. To admonish sinners *diligently, prudently, seasonably, and charitably*: To which also may be reduced, provoking and incouraging to good works. 4. To comfort the afflicted. 5. To pardon offenders. 6. To succour and support the weak. 7. To pray for all estates of men, and for relief to all their necessities. To which may be added, 8. To punish or correct refractoriness. 9. To be gentle and charitable in censuring the actions of others. 10. To establish the scrupulous, wavering and inconstant spirits. 11. To confirm the strong, 12. Not to give scandal. 13. To quit a man of his fear. 14. * To redeem maidens from prostitution and publication of their bodies.

Heb. 10. 24. 1 Thes. 5. 14.

* Puella prosternit se ad pedes: Miserere virginitatis meæ, nè prostituas hoc corpus sub tam turpi titulo. *Hist. Apol. Tyan.*

To both these kinds a third also may be added of a mixt nature, partly corporal, and partly spiritual, Such are, 1. Reconciling enemies; 2. Erecting publick Schools of Learning; 3. Maintaining Lectures of Divinity; 4. Erecting Colledges of Religion, and retirement from the noises and more frequent temptations of the World; 5. Finding imployment for unbusied persons, and putting children to honest Trades. For the particulars of Mercy or Alms cannot be narrower then mens needs are: and the old method of Alms is too narrow to comprize them all; and yet the kinds are too many to be discoursed of particularly: only our blessed Saviour, in the precept of *Alms*, uses the instances of *relieving the poor*, and *forgiveness of injuries*; and by proportion to these, the rest whose duty is plain, simple, easie and necessary, may be determined. But Alms in general are to be dispos'd of according to the following Rules.

Laudi ductum apud vet. Αἶψά τε καὶ μέγα νεῖκος ἐπιστεμένως κατέπαυσι.

Rules

*Rules for giving Alms.*

1. Let no man do Alms of that which is none of his own: for of that he is to make reſtitution; that is due to the owners, not to the poor: for every man hath need of his own, and that is firſt to be provided for; and then you muſt think of the needs of the poor. He that gives the poor what is not his own, makes himſelf a thief, and the poor to be the receivers. This is not to be underſtood as if it were unlawful for a man that is not able to pay his debts, to give ſmaller Alms to the poor. He may not give ſuch portions as can in any ſenſe more diſable him to do juſtice: but ſuch, which if they were ſaved could not advance the other duty, may retire to this, and do here what they may, ſince in the other duty they cannot do what they ſhould. But generally Cheaters and Robbers cannot give Alms of what they have cheated and robbed, unleſs they cannot tell the perſons whom they have injured, or the proportions; and in ſuch caſes they are to give thoſe unknown portions to the poor by way of reſtitution, for it is no Alms: only God is the ſupreme Lord, to whom thoſe eſcheats devolve, and the poor are his Receivers. S. *Greg.* 71. 110. Epiſt. Præbeant miſericordia ut conſervetur juſtitia. S. *Aug.* Prov. 3. 9.

2. Of mony unjuſtly taken, and yet voluntarily parted with, we may and are bound to give Alms: ſuch as is mony given and taken for falſe witneſs, bribes, Simoniacal contracts: becauſe the Receiver hath no right to keep it, nor the Giver any right to recal it, it is unjuſt money, and yet payable to none but the ſupreme Lord (who is the perſon injured) and to his Delegates, that is, the poor. To which I inſert theſe cautions. 1. If the perſon injured by the unjuſt ſentence of a bribed Judge, or by falſe witneſs, be poor, he is the proper object and boſom to whom the reſtitution is to be made. 2. In caſe of Simony, the Church, to whom the Simony was injurious, is the lap into which the reſtitution is to be poured; and if it be poor and out of repair, the Alms, Decret. ep. tit. de Simonia.

or restitution ( shall I call it? ) are to be paid to it.

3. There is some sort of gain that hath in it no injustice properly so called; but it is unlawful and *filthy lucre*: such as is mony taken for work done unlawfully upon the *Lord's day*, hire taken for disfiguring one's self, and for being professed jesters, the wages of such as make unjust bargains, and of harlots: of this money there is some preparation to be made before it be given in Alms. The money is infected with the plague, and must pass through the fire or the water before it be fit for Alms: the person must repent and leave the crime, and then minister to the poor.

Donum nudum est, nisi consensu vestiatur. *l.* 3. *C. de pactis.*

4. He that gives Alms must do it in mercy, that is, out of a true sense of the calamity of his brother, first feeling it in himself in some proportion, and then endeavouring to ease himself and the other of their common calamity. Against this Rule they offend who give Alms out of custom, or to upbraid the poverty of the other, or to make him mercenary and obliged, or with any unhandsome circumstances.

5. He that gives Alms must do it with a single eye and heart, that is, without designs to get the praise of men; and if he secures that, he may either give them publickly or privately: for Christ intended only to provide against pride and hypocrisie, when he bade Alms to be given in secret; it being otherwise one of his commandments, *that our light should shine before men*: this is more excellent, that is more safe.

Qui dedit beneficium taceat, narret qui accepit. *Senec.*

6. To this also appertains, that he who hath done a good turn should so forget it as not to speak of it: but he that boasts it or upbraids it, hath paid himself, and lost the nobleness of the charity.

2 Cor. 9. 7.

7. Give Alms with a chearful heart and countenance, *not grudgingly or of necessity, for God loveth a chearful giver*: and therefore give quickly when the power is in thy hand, and the need is in thy Neighbour, and thy Neighbour at thy door. He gives twice that relieves speedily.

Luke 6. 30.

8. According to thy ability give to all men that need: and in equal needs give first to good men, rather then

then to bad men; and if the needs be unequal, do so too; provided that the need of the poorest be not violent or extreme: but if an evil man be in extreme necessity, he is to be relieved rather then a good man who can tarry longer, and may subsist without it. And if he be a good man, he will desire it should be so; because himself is bound to save the life of his brother with doing some inconvenience to himself: and no difference of vertue or vice can make the ease of one beggar equal with the life of another. Gal. 6. 10.

9. Give no Alms to vicious persons, if such Alms will support their sin; as if they will continue in idleness, [*if they will not work, neither let them eat*] or if they will spend it in † drunkenness, or wantonness: such persons, when they are reduced to very great want, must be relieved in such proportions as may not relieve their dying lust, but may refresh their faint or dying bodies. 2 Thess. 3. 10. *A Cavallo chi non porta sella Biada non si cre. vella.*

† De Mendico malè meretur, qui ei dat quod edat aut quod bibat: Nam & illud quod dat perdit, & illi producit vitam & miseriam. *Trin.*

10. The best objects of charity are poor housekeepers that labour hard, and are burthened with many children; or Gentlemen fallen into sad poverty, especially if by innocent misfortune, (and if their crimes brought them into it, yet they are to be relieved according to the former rule;) persecuted persons, widows and fatherless children, putting them to honest trades or schools of learning. And search into the needs of numerous and meaner families: for there are many persons that have nothing left them but misery and modesty; and toward such we must adde two circumstances of Charity. 1. To enquire them out. 2. To convey our relief unto them so as we do not make them ashamed. Beatus qui intelligit sul per egenum & pauperem *Psal.* *A donare e tenere Ingegno bisogno havere.*

11. Give, looking for nothing again, that is, without consideration of future advantages: give to children, to old men, to the unthankful, and the dying, and to those you shall never see again; for else your Alms or courtesie is not charity, but traffick and merchandise:

chandiſe: and be ſure that you omit not to relieve the needs of your enemy and the injurious; for ſo poſſibly you may win him to your ſelf; but do you intend the winning him to God.

12. Truſt not your Alms to intermedial, uncertain and under-diſpenſers: by which rule is not only intended the ſecuring your Alms in the right chanel; but the humility of your perſon, and that which the Apoſtle calls *the labour of love*. And if you converſe in Hoſpitals and Alms-houſes, and miniſter with your own hand what your heart hath firſt decreed, you will find your heart endeared and made familiar with the needs and with the perſons of the poor, thoſe excellent images of Chriſt.

13. Whatſoever is ſuperfluous in thy eſtate is to be diſpenſed in Alms. † *He that hath two coats muſt give to him that hath none*; that is, he that hath beyond his need muſt give that which is beyond it. Only among needs we are to reckon not only what will ſupport our life, but alſo what will maintain the decency of our eſtate and perſon; not only in preſent needs, but in all future neceſſities, and very probable contingencies, but no farther: we are not obliged beyond this, unleſs we ſee very great, publick and calamitous neceſſities. But yet, if we do extend beyond our meaſures, and give more then we are able, we have the *Philippians* and many holy perſons for our precedent, we have S. *Paul* for our encouragement, we have Chriſt for our Counſellor, we have God for our rewarder, and a great treaſure in Heaven for our recompence and reſtitution. But I propound it to the conſideration of all Chriſtian people, that they be not nice and curious, fond and indulgent to themſelves, in taking accounts of their perſonal conveniences, and that they make their proportions moderate and eaſy, according to the order and manner of Chriſtianity; and the conſequent will be this, that the poor will more plentifully be relieved,

† ——Præmonſtro tibi,
Ut ita te alìorum miſereſcat, nè tui alios miſereat. *Plaut. Trinumm.*

them-

themſelves will be more able to doe it, and the duty will be leſs chargeable, and the owners of eſtates charged with fewer accounts in the ſpending them. It cannot be denied, but in the expences of all liberal and great perſonages many things might be ſpared; ſome ſuperfluous ſervants, ſome idle meetings, ſome unneceſſary and imprudent feaſts, ſome garments too coſtly, ſome unneceſſary Law-ſuits, ſome vain journeys: and when we are tempted to ſuch needleſs expences, if we ſhall deſcend to moderation, and lay aſide the ſurpluſage, we ſhall find it with more profit to be laid out upon the poor members of Chriſt, then upon our own with vanity. But this is only intended to be an advice in the matter of doing Alms: for I am not ignorant that great variety of cloaths always have been permitted to Princes and Nobility and others in their proportion; and they uſually give thoſe cloaths as rewards to ſervants, and other perſons needful enough; and then they may ſerve their own fancy and their duty too: but it is but reaſon and Religion to be careful that they be given to ſuch only where duty, or prudent liberality, or alms determine them; but in no ſenſe let them do it ſo as to miniſter to vanity, to luxury, to prodigality. The like alſo is to be obſerved in other inſtances. And if we once give our minds to the ſtudy and arts of Alms, we ſhall find ways enough to make this duty eaſie, profitable, and uſeful.

1. He that plays at any game muſt reſolve beforehand to be indifferent to win or loſe: but if he gives to the poor all that he wins, it is better then to keep it to himſelf: but it were better yet, that he lay by ſo much as he is willing to loſe, and let the game alone, and by giving ſo much Alms traffick for eternity. That is one way.

2. Another is, keeping the faſting-days of the Church; which if our condition be ſuch as to be able to caſt our accounts, and make abatements for our wanting ſo many meals in the whole year, (which by the old appointment did amount to 153, and ſince moſt of them are fallen into deſuetude, we may make up

up as many of them as we please by voluntary Fasts) we may from hence find a considerable relief for the poor. But if we be not willing sometimes to fast that our brother may eat, we should ill die for him. S. *Martin* had given all that he had in the world to the poor, save one coat, and that also he divided between two beggars. A Father in the Mount of *Nitria* was reduced at last to the Inventory of one Testament, and that book also was tempted from him by the needs of one whom he thought poorer then himself. Greater yet: S. *Paulinus* sold himself to slavery to redeem a young man, for whose captivity his Mother wept sadly: and it is said that S. *Katharine* suck'd the envenom'd wounds of a villain who had injured her most impudently. And I shall tell you of a greater charity then all these put together: Christ gave himself to shame and death to redeem his enemies from bondage, and death, and Hell.

13. Learn of the frugal man, and only avoid fordid actions, and turn good husband, and change your arts of getting into providence for the poor, and you shall soon become rich in good works: and why should we not doe as much for charity, as for covetousness; for Heaven, as for the fading world; for God and the Holy *Jesus*, as for the needless superfluities of back and belly?

14. In giving Alms to beggars and persons of that low rank, it is better to give little to each that we may give to the more, so extending our alms to many persons: but in charities of Religion, as building Hospitals, Colledges, and Houses for Devotion, and supplying the accidental wants of decayed persons, fallen from great plenty to great necessity, it is better to unite our Alms then to disperse them; to make a noble relief or maintenance to one, and to restore him to comfort, then to support only his natural needs, and keep him alive only, unrescued from sad discomforts.

15. The Precept of Alms or Charity binds not indefinitely to all the instances and kinds of Charity: for he that delights to feed the poor, and spends all his

his portion that way, is not bound to enter into Prisons and redeem captives: but we are obliged by the presence of circumstances, and the special disposition of providence, and the pitiableness of an object, to this or that particular act of charity. The eye is the sense of mercy, and the bowels are its organ, and that inkindles pity, and pity produces alms: *when the eye sees what it never saw, the heart will think what it never thought:* but when we have an object present to our eye, then we must pity, for there the providence of God hath fitted our charity with circumstances. He that is in thy sight or in thy neighbourhood is fallen into the lot of thy charity.

16. If thou hast no money, yet thou must have mercy, and art bound to pity the poor, and pray for them, and throw thy holy desires and devotions into the treasure of the Church: and if thou dost what thou art able, be it little or great, corporal or spiritual, the charity of Alms or the charity of prayers, a cup of wine or a cup of water, if it be but *love to the brethren*, or a desire to help all or any of Christ's poor, it shall be *accepted according to what a man hath, not according to what he hath not.* For *love* is all this, and all the other Commandments: and it will express it self where it can; and where it cannot, yet it is *love* still, and it is also *sorrow* that it cannot.

Luke 12. 2. Acts 3. 6. *Chi ti da un osſa non ti verrebbe morta.* 2 Cor. 8. 12. 1 Pet. 1. 22.

*Motives to Charity.*

The motives to this duty are such as holy Scripture hath propounded to us by way of consideration and proposition of its excellencies and consequent reward. 1. There is no one duty which our blessed Saviour did recommend to his Disciples with so repeated an injunction as this of Charity and Alms. To which adde the words spoken by our Lord, *It is better to give then to receive.* And when we consider how great a blessing it is that we beg not from door to door, it is a ready instance of our thankfulness to God, for his sake to relieve them that do. 2. This duty

Matth. 6. 4. & Matth. 13. 12, 33. & 25. 15. Luke 11. 41.

duty is that alone whereby the future day of Judgment ſhall be tranſacted. For nothing but Charity and Alms is that whereby Chriſt ſhall declare the juſtice and mercy of the eternal ſentence. Martyrdom it ſelf is not there expreſſed, and no otherwiſe involved, but as it is the greateſt Charity. 3. Chriſt made himſelf the greateſt and daily example of Alms or Charity. He went up and down doing good, preaching the Goſpel, and healing all diſeaſes: and God the Father is imitable by us in nothing but in
Philip. 4. 17. purity and mercy. 4. Alms given to the poor redound to the emolument of the Giver both temporal and eternal. 5. They are inſtrumental to the remiſſion of
Acts 10. 4. Heb. 13. 16. Dan. 4. 27. ſins. Our forgiveneſs and mercy to others being made the very rule and proportion of our confidence and hope and our prayer to be forgiven our ſelves. 6. It is a treaſure in Heaven, it procures friends when we die. It is reckoned as done to Chriſt whatſoever we doe to our poor brother; and therefore when a poor man begs for Chriſt his ſake, if he have reaſon to ask for Chriſt his ſake, give it him if thou canſt. Now every man hath title to ask for Chriſt's ſake whoſe need is great, and himſelf unable to cure it, and if the man be a Chriſtian. Whatſoever Charity Chriſt will reward, all that is given for Chriſt's ſake, and therefore it may be asked in his name: but every man that uſes that ſacred name for an endearment hath not a title to it, neither he nor his need. 7. It is one of the wings of prayer, by which it flies to the throne of grace. 8. It crowns all the works of piety. 9. It cauſes thankſgiving to God on our behalf: 10. And the bowels of the poor bleſs us, and they pray for us. 11. And that portion of our eſtate out of which a tenth, or a fifth, or a twentieth, or ſome offering to God for Religion and the poor goes forth, certainly returns with a great bleſſing upon all the reſt. It is like the effuſion of oyl by the *Sidonian* woman; as long as ſhe pours into empty veſſels, it could never ceaſe running: or like the widow's barrel of meal; it conſumes not as long as ſhe fed the Prophet. 12. The ſum of all is contained in the words of our bleſſed Saviour,

Nunquam memini me legiſſe malâ morte mortuum qui libenter opera charitatis exercuit. S. *Hieron. Ep. ad Nepot.*

Saviour, *Give alms of such things as you have, and behold all things are clean unto you.* 13. To which may be added, that Charity or mercy is the peculiar character of God's Elect, and a sign of predestination; which advantage we are taught by S. *Paul:* [*Put on therefore as the elect of God, holy and beloved, bowels of mercy, kindness,* &c. *Forbearing one another, and forgiving one another, if any man have a quarrel against any.*] Coloss. 3. 12. The result of all which we may read in the words of S. *Chrysostom: To know the art of Alms, is greater then to be crowned with the Diadem of Kings. And yet to convert one Soul is greater then to pour out ten thousand talents into the baskets of the poor.*

But because giving Alms is an act of the vertue of mercifulness, our endeavour must be by proper arts to mortifie the parents of unmercifulness, which are, 1. Envy, 2. Anger, 3. Covetousness: in which we may be helped by the following rules or instruments.

### *Remedies against Unmercifulness and Uncharitableness.*

#### 1. *Against Envy, by way of consideration.*

Against Envy I shall use the same arguments I would use to perswade a man from the Fever or the Dropsie. 1. Because it is a disease, it is so far from having pleasure in it, or a temptation to it, that it is full of pain, a great instrument of vexation; it eats the flesh, and dries up the marrow, and makes hollow eyes, and lean cheeks, and a pale face. 2. It is nothing but a direct resolution never to enter into Heaven by the way of noble pleasure taken in the good of others. 3. It is most contrary to God; 4. And a just contrary state to the felicities and actions of Heaven, where every star increases the light of the other, and the multitude of guests at the supper of the Lamb makes

makes the eternal meal more festival. 5. It is perfectly the state of Hell, and the passion of Devils: for they do nothing but despair in themselves, † and envy others quiet or safety, and yet cannot rejoyce either in their good or in their evil, although they endeavour to hinder that, and procure this, with all the devices and arts of malice and of a great understanding. 6. Envy can serve no end in the world; it cannot please any thing, nor doe any thing, nor hinder any thing, but the content and felicity of him that hath it. 7. Envy can never pretend to justice, as hatred and uncharitableness sometimes may: for there may be causes of hatred; and I may have wrong done me, and then hatred hath some pretence, though no just argument. But no man is unjust or injurious, for being prosperous or wise. 8. And therefore many men *profess* to hate another, but *no man owns envy*, as being an enmity and displeasure for no cause but goodness or felicity: Envious men being like *Cantharides* and Caterpillars, that delight most to devour ripe and most excellent fruits. 9. It is of all crimes the basest: for malice and anger are appeased with benefits, but envy is exasperated, as envying to fortunate persons both their power and their will to doe good; and never leaves murmuring till the envied person be levelled, and then only the Vultur leaves to eat the liver. For if his Neighbour be made miserable, the envious man is apt to be troubled: like him that is so long unbuilding the turrets till all the roof is low or flat, or that the stones fall upon the lower buildings, and do a mischief that a man repents of.

† Nemo alienæ virtuti invidet qui satis confidit suæ. *Cic. contra M. Anton.*

Homerus Thersitis malos mores describens, malitiæ summam apposuit, *Pelidæ inprimis erat atque inimicum Ulyssi.*

### 2. *Remedies against Anger by way of Exercise.*

The next enemy to mercifulness and the grace of Alms is Anger: against which there are proper instruments both in Prudence and Religion.

1. Prayer is the great remedy against Anger: for it must

must suppose it in some degree removed before we pray, and then it is the more likely it will be finished when the prayer is done. We must lay aside the act of Anger, as a preparatory to prayer; and the curing the habit will be the effect and blessing of prayer: so that if a man to cure his anger resolves to address himself to God by prayer, it is first necessary that by his own observation and diligence he lay the anger aside, before his prayer can be fit to be presented: and when we so pray, and so endeavour, we have all the blessings of prayer which God hath promised to it, to be our security for success.

2. If Anger arises in thy breast, instantly seal up thy lips, and let it not go forth: for like fire when it wants vent, it will suppress it self. It is good *in a Fever* to have a tender and a smooth tongue; but it is better that it be so *in anger*: for if it be rough and distempered, *there* it is an ill sign, but *here* it is an ill cause. Angry passion is a fire, and angry words are like breath to fan them; together they are like steel and flint sending out fire by mutual collision. Some men will discourse themselves into passion, and if their neighbour be inkindled too, together they flame with rage and violence.

Ira cùm pectus rapida occupavit,
Futiles linguæ jubeo cavere
Vana latratus jaculantis. *Sappho.*
Turbatus sum, & non sum locutus.
Psal. 79.

3. Humility is the most excellent natural cure for anger in the world: for he that by daily considering his own infirmities and failings makes the errour of his neighbour or servant to be his own case, and remembers that he daily needs God's pardon and his brother's charity, will not be apt to rage at the levities, or misfortunes, or indiscretions of another; greater then which he considers that he is very frequently and more inexcusably guilty of.

4. Consider the example of the ever-blessed *Jesus*, who suffered all the contradictions of sinners, and received all affronts and reproaches of malicious, rash and foolish persons, and yet in all them was as dispassionate and gentle as the morning-Sun in Autumn:

and in this also he propounded himself imitable by us. For if innocence it self did suffer so great injuries and disgraces, it is no great matter for us quietly to receive all the calamities of fortune, and indiscretion of servants, and mistakes of friends, and unkindnesses of kindred, and rudenesses of enemies, since we have deserved these and worse, even Hell it self.

5. If we be tempted to Anger in the Actions of Government and Discipline to our inferiours, (in which case anger is permitted so far as it is prudently instrumental to Government, and only is a sin when it is excessive and unreasonable, and apt to disturb our own discourse, or to express it self in imprudent words or violent actions) let us propound to our selves the example of God the Father, who at the same time and with the same tranquillity decreed Heaven and Hell, the joys of blessed Angels and Souls, and the torments of devils and accursed spirits: and at the day of Judgment, when all the World shall burn under his feet, God shall not be at all inflam'd, or shaken in his essential seat and centre of tranquillity and joy. And if at first the cause seems reasonable, yet defer to execute thy anger till thou mayest better judge. For as *Phocion* told the *Athenians*, who upon the first news of the death of *Alexander* were ready to revolt, Stay a while, for if the King be not dead, your haste will ruine you; but if he be dead, your stay cannot prejudice your affairs, for he will be dead to morrow as well as to day: so if thy servant or inferiour deserve punishment, staying till to morrow will not make him innocent; but it may possibly preserve thee so, by preventing thy striking a guiltless person, or being furious for a trifle.

6. Remove from thy self all provocations and incentives to Anger; especially 1. Games of chance, and great wagers. * *Patroclus* killed his friend, the son of *Amphidamas*, in his rage and sudden fury, rising upon a cross game at Tables. Such also are petty curiosities and worldly business and carefulness about

* Ἤματι τῷ ὅτε παῖδα κατέκτανον Ἀμφιδάμαντος
Νήπιος, ἐκ ἐθέλων, ἀμφ' ἀστραγάλοισι χολωθείς. *Iliad.* ψ.

it;

it: but manage thy self with indifferency, or contempt of those external things, and do not spend a passion upon them; for it is more then they are worth. But they that desire but few things can be crossed but in a few. 2. In not heaping up with an ambitious or curious prodigality any very curious or choice Utensils, Seals, Jewels, Glasses, precious stones; because those very many accidents which happen in the spoiling or loss of these rarities, are in event an irresistible cause of violent anger. 3. Do not entertain nor suffer tale-bearers: for they abuse our ear first, and then our credulity, and then steal our patience, and it may be for a ly; and if it be true, the matter is not considerable; or if it be, yet it is pardonable. And we may always escape with patience at one of these out-lets: either 1. by not hearing slanders, or 2. by not believing them, or 3. by not regarding the thing, or 4. by forgiving the person. 4. To this purpose also it may serve well, if we chuse (as much as we can) to live with peaceable persons, for that prevents the occasions of confusion: and if we live with prudent persons, they will not easily occasion our disturbance. But because these things are not in many mens power, therefore I propound this rather as a felicity then a remedy or a duty, and an art of prevention rather then of cure.

*Qui pauca requirunt, non multis excidunt. Plut.*

7. Be not inquisitive into the affairs of other men, nor the faults of thy servants, nor the mistakes of thy friends; but what is offered to you, use according to the former rules, but do not thou go out to gather sticks to kindle a fire to burn thine own house. And adde this; If my friend said or did well in that for which I am angry, I am in the fault, not he; but if he did amiss, he is in the misery, not I: for either he was deceived, or he was malicious, and either of them both is all one with a miserable person; and that is an object of pity, not of anger.

8. Use all reasonable discourses to excuse the faults of others, considering that there are many circumstances of time, of person, of accident, of inadvertency, of infrequency, of aptness to amend, of sorrow for doing

ing it; and it is well that we take any good in exchange for the evil is done or suffered.

9. Upon the rising of Anger instantly enter into a deep consideration of the joys of Heaven, or the pains of Hell: for *fear and joy are naturally apt to appease this violence.*

Homer.

10. In contentions be always passive, never active, upon the defensive, not the assaulting part; and then also give a gentle answer, receiving the furies and indiscretions of the other like a stone into a bed of Moss and soft compliance; and you shall find it sit down quietly: whereas anger and violence makes the contention loud and long, and injurious to both the parties.

11. In the actions of Religion be careful to temper all thy instances with meekness, and the proper instruments of it: and if thou beest apt to be angry, neither fast violently, nor entertain the too-forward heats of zeal; but *secure thy duty* with constant and regular actions, and *a good temper of body* with convenient refreshments and recreations.

12. If Anger arises suddenly and violently, first restrain it with consideration, and then let it end in a hearty prayer for him that did the real or seeming injury. The former of the two stops its growth, and the latter quite kills it, and makes amends for its monstrous and involuntary birth.

*Remedies against Anger, by way of consideration.*

1. Consider that Anger is a professed enemy to Counsel; it is a direct storm, in which no man can be heard to speak or call from without: for if you counsel gently, you are despised; if you urge it and be vehement, you provoke it more. Be careful therefore to lay up beforehand a great stock of reason and prudent consideration, that like a besieged Town you may be provided

Καὶ μανθάνων μὲν οἷα δρᾶν μέλλω κακά,
Θυμὸς δὲ κρείσσων τῶν ἐμῶν βουλευμάτων.
Medea.

vided for, and be defensible from within, since you are not likely to be reliev'd from without. Anger is not to be suppressed but by something that is as inward as it self, and more habitual. To which purpose add, that 2. Of all passions it endeavours most to make reason useless. 3. That it is an universal poison, of an infinite object: for no man was ever so amorous as to love a Toad, none so envious as to repine at the condition of the miserable, no man so timorous as to fear a dead Bee; but Anger is troubled at every thing, and every man, and every accident; and therefore unless it be suppressed, it will make a man's condition restless, 4. If it proceeds from a great cause, it turns to fury; if from a small cause, it is peevishness: and so is always either terrible or ridiculous.

Ὀθυμὸς φόνων αἴτιον, συμφορᾶς σύμμαχον, βλάβης σύνεργον καὶ ἀτιμίας, χρημάτων ἀπώλεια, ἔτι δὲ καὶ φθορᾶς ἀργηγόν. Aristot.

5. It makes a man's body monstrous, deformed and contemptible, the voice horrid, the eyes cruel, the face pale or fiery, the gate fierce, the speech clamorous and loud. 6. It is neither manly nor ingenuous. 7. It proceeds from softness of spirit and pusillanimity; which makes that Women are more angry then Men, sick persons more then healthful, old men more then young, unprosperous and calamitous people then the blessed and fortunate. 8. It is a passion fitter for Flies and Insects then for persons professing nobleness and bounty, 9. It is troublesome not only to those that suffer it, but to them that behold it; there being no greater incivility * of entertainment then for the Cook's fault, or the negligence of the servants, to be cruel, or outragious, or unpleasant in the presence of the guests. 10. It makes marriage to be a necessary and unavoidable trouble; friendships, and societies, and familiarities to be intolerable. 11. It multiplies the evils of drunkenness, and makes the levities of Wine to run into madness. 12. It makes innocent jesting to be the beginning of Tragedies. 13. It turns friendship into hatred; * it makes a man lose himself, and his Reason and his argument in disputation. * It turns the desires of knowledge into an itch of wrangling.

* Dicere quid cœnâ possis ingratius istâ?

gling. * It adds insolency to power. * It turns justice into cruelty, and judgment into oppression. * It changes discipline into tediousness and hatred of liberal institution. * It makes a prosperous man to be envied, and the unfortunate to be unpitied. * It is a confluence of all the irregular passions: there is in it envy and sorrow, fear and scorn, pride and prejudice, rashness and inconsideration, rejoycing in evil and a desire to inflict it, self-love, impatience and curiosity.* And lastly, though it be very troublesome to others, yet it is most troublesome to him that hath it.

*Amaram amaro bilem pharmaco qui eluunt.*

In the use of these arguments and the former exercises be diligent to observe, lest in your desires to suppress anger you be passionate and angry at your self for being angry; like Physicians, who give a bitter potion when they intend to eject the bitterness of choler; for this will provoke the person, and increase the passion. But placidly and quietly set upon the mortification of it; and attempt it first for a day, resolving that day not at all to be angry; and to be watchful and observant for a day is no great trouble: but then, after one day's watchfulness it will be as easie to watch two days as at first it was to watch one day; and so you may increase till it becomes easie and habitual.

Only observe that such an anger alone is criminal which is against charity to my self or my neighbour; but anger against sin is a holy zeal, and an effect of love to God and my brother, for whose interest I am passionate, like a concerned person: and if I take care that my anger makes no reflexion of scorn or cruelty upon the offender, or of pride and violence, or transportation to my self, anger becomes charity and duty. And when one commended *Charilaus*, the King of *Sparta*, for a gentle, a good and a meek Prince, his collegue said well, *How can he be good, who is not an enemy even to vicious persons?*

*Plutar.* de odio & invidia.

### 3. *Remedies against Covetousness, the third enemy of Mercy.*

Covetousness is also an enemy to Alms, though not to all the effects of mercifulness: but this is to be cured by the proper motives to charity before mentioned, and by the proper rules of justice; which being secured, the arts of getting mony are not easily made criminal. To which also we may adde,

1. Covetousness makes a man miserable; because riches are not means to make a man happy: and unless felicity were to be bought with money, he is a vain person who admires heaps of gold and rich possessions. For what *Hippomachus* said to some persons who commended a tall man as fit to be a Champion in the Olympick games, It is true (said he) if the crown hang so high that the longest arm could reach it; the same we may say concerning riches, they were excellent things, if the richest man were certainly the wisest and the best: but as they are, they are nothing to be wondred at, because they contribute nothing toward felicity: which appears, because some men chuse to be miserable that they may be rich, rather then be happy with the expence of money and doing noble things.

Quid refert igitur quantis sumenta fatiget
Porticibus, quanta nemorum vectetur in umbra,
Jugera quot vicina foro, quas emerit ædes?
Nemo malus felix. *Juv. Sat.* 4.

2. Riches are useless and unprofitable; for beyond our needs and conveniences nature knows no use of riches: and they say that the Princes of *Italy*, when they sup alone, eat out of a single dish, and drink in a plain glass, and the wife eats without purple; *for nothing is more frugal then the back and belly*, if they be used as they should: but when they would entertain the eyes of strangers, when they are vain and would make a noise, then riches come forth to set forth the spectacle, and furnish out *the Comedy of wealth, of vanity*. No man can with all the wealth in the world buy so much skill as to be a good Lutenist; he must go the same way that poor people

do, he must learn and take pains: much less can he buy constancy, or chastity, or courage; nay, not so much as the contempt of riches: and by possessing more then we need, we cannot obtain so much power over our Souls as not to require more. And certainly riches must deliver me from no evil, if the possession of them cannot take away the longing for them. If any man be thirsty, drink cools him, if he be hungry, eating meat satisfies him: and when a man is cold and calls for a warm cloak, he is pleased if you give it him; but you trouble him if you load him with six or eight cloaks. Nature rests and sits still when she hath her portion; but that which exceeds it is a trouble and a burthen: and therefore in true Philosophy, no man is rich but he that is poor according to the common account: for when God hath satisfied those needs which he made, that is, all that is natural, whatsoever is beyond it is thirst and a disease, and unless it be sent back again in charity or religion, can serve no end but vice or vanity: it can increase the appetite, to represent the man poorer, and full of a new and artificial, unnatural need; but it never satisfies the need it makes, or makes the man richer. *No wealth can satisfie the covetous desire of wealth.*

3. Riches are troublesome; but the satisfaction of those appetites which God and Nature have made are cheap and easie: for who ever paid use money for bread and onions and water to keep him alive? But when we covet after houses of the frame and design of *Italy*, or long for jewels, or for our next neighbour's field, or horses from *Barbary*, or the richest perfumes of *Arabia*, or *Galatian* mules, or fat Eunuchs for our slaves from *Tunis*, or rich coaches from *Naples*, then we can never be satisfied till we have the best thing that is fansied, and all that can be had, and all that can be desired, and that we can lust no more: but before we come to the one half of our first wild desires, we are the bondmen of Usurers, and of our worse tyrant-appetites, and

Ergò sollicitæ tu causa, pecunia, vitæ es:
Per te immaturum mortis adimus iter. *Propert.*

and the tortures of envy and impatience. But I consider that those who drink on still when their thirst is quenched, or eat after they have well dined, are forced to vomit not only their superfluity, but even that which at first was necessary: so those that covet more then they can temperately use, are oftentimes forced to part even with that patrimony which would have supported their persons in freedom and honour, and have satisfied all their reasonable desire.

4. Contentedness is therefore health, because Covetousness is a direct sickness: and it was well said of *Aristippus*, (as *Plutarch* reports him) If any man after much eating and drinking be still unsatisfied, he hath no need of more meat or more drink, but of a Physician; he more needs to be purged then to be filled: and therefore since Covetousness cannot be satisfied, it must be cured by emptiness and evacuation. The man is without remedy, unless he be reduced to the scantling of nature, and the measures of his personal necessity. Give to a poor man a house and a few cows, pay his little debt, and set him on work, and he is provided for, and quiet: but when a man enlarges beyond a fair possession, and desires another Lordship, you spite him if you let him have it; for by that he is one degree the farther off from rest in his desires and satisfaction; and now he sees himself in a bigger capacity to a larger fortune; and he shall never find his period, till you begin to take away something of what he hath; for then he will begin to be glad to keep that which is left: but reduce him to nature's measures, and there he shall be sure to find rest: for there no man can desire beyond his belly-full, and when he wants that, any one friend or charitable man can cure his poverty; but all the world cannot satisfy his Covetousness.

5. Covetousness is the most phantastical and contradictory disease in the whole world; it must therefore be incurable, because it strives against its own cure. No man therefore abstains from meat, because he is hungry, nor from wine, because he loves it and needs it; but the covetous man does so; for he desires it passionately,

nately, because he says he needs it, and when he hath it, he will need it still, because he dares not use it. He gets cloaths because he cannot be without them; but when he hath them then he can: as if he needed corn for his granary, and cloaths for his wardrobe, more then for his back and belly. For Covetousness pretends to heap much together for fear of want; and yet after all his pains and purchace, he suffers that really which at first he feared vainly; and by not using what he gets, he makes that suffering to be actual, present and necessary, which in his lowest condition was but future, contingent and possible. It stirs up the desire, and takes away the pleasure of being satisfied. It increases the appetite, and will not content it. It swells the *principal* to no purpose, and lessens the *use* to all purposes; disturbing the order of nature, and the designs of God; making *money* not to be the instrument of exchange or charity, nor corn to feed himself or the poor, nor wool to cloath himself or his brother, nor wine to refresh the sadness of the afflicted, nor his oyl to make his own countenance chearful; but all these to look upon, and to tell over, and to take accounts by, and make himself considerable, and wondred at by fools, that while he lives he may be called Rich, and when he dies may be accounted Miserable, and, like the dish-makers of *China*, may leave a greater heap of dirt for his Nephews, while he himself hath a new lot fallen to him in the portion of *Dives*. But thus the Ass carried wood and sweet herbs to the Baths, but was never washed or perfumed himself: he heaped up sweets for others, while himself was filthy with smoke and ashes. And yet it is considerable; if the man can be content to feed hardly, and labour extremely, and watch carefully, and suffer affronts and disgrace, that he may get money more then he uses in his temperance and just needs, with how much ease might this man be happy? and with how great uneasiness and trouble does he make himself miserable? For he takes pains to get content, and when he might have it, he lets it go. He might better be content with a vertuous and quiet

poverty,

poverty, then with an artificial, troublesome and vicious. The same diet and a less labour would at first make him happy, and for ever after rewardable.

6. The sum of all is that which the Apostle says, *Covetousness is Idolatry*; that is, it is an admiring money for it self, not for its use; it relies upon money, and loves it more then it loves God and Religion. And *it is the root of all evil*; it teaches men to be cruel and crafty, industrious and evil, full of care and malice; it devours young heirs, and grinds the face of the poor, and undoes those who specially belong to God's protection, helpless, craftless and innocent people; it inquires into our parents age, and longs for the death of our friends; it makes friendship an art of rapine, and changes a partner into a Vultur, and a companion into a thief: and after all this it is for no good to it self, for it dares not spend those heaps of treasure which it snatched: and men hate Serpents and Basilisks worse then Lions and Bears; for these kill because they need the prey, but they sting to death and eat not. * And if they pretend all this care and heap for their Heirs, (like the Mice of *Africa* hiding the golden ore in their bowels, and refusing to give back the indigested gold till their guts be out) they may remember that what was unnecessary for themselves, is as unnecessary for their sons; and why cannot they be without it as well as their Fathers who did not use it? And it often happens, that to the sons it becomes an instrument to serve some lust or other; that as the gold was useless to their Fathers, so may the sons be to the publick, fools or prodigals, loads to their Countrey, and the curse and punishment of their Fathers avarice: and yet all that wealth is short of one blessing; but it is a load coming with a curse, and descending from the family of a

* Ἡ φιλοχρημοσύνη μήτηρ κακότητος ἁπάσης.
Χρυσὸς ἀεὶ δόλος ἐστὶ καὶ ἄργυρος ἀνθρώποισιν.
Χρυσὲ, κακῶν ἀρχηγὲ, βιοφθόρε, πάντα χαλέπτων,
Εἴθε σε μὴ θνητοῖσι γενέσθαι πῦμα ποθεινόν·
Σοῦ γὰρ ἕκητι μάχαι τε, λεηλασίαι τε, φόνοι τε,
Ἐχθρὰ δὲ τέκνα γονεῦσιν, ἀδελφοῖοί τε συναίμοις. Phocylid.

long

long-derived sin. However the Father transmits it to the son, and it may be the son to one more, till a Tyrant, or an Oppressor, or a War, or change of Government, or the Usurer, or folly, or an expensive vice makes holes in the bottom of the bag, and the wealth runs out like water, and flies away like a bird from the hand of a child.

7. Adde to these the consideration of the advantages of poverty; that it is a state freer from temptation, secure in dangers, but of one trouble, safe under the Divine Providence, cared for in Heaven by a daily ministration, and for whose support God makes every day a new decree; a state of which Christ was pleased to make open profession, and many wise men daily make vows: that a rich man is but like a pool, to whom the poor run, and first trouble it, and then draw it dry: that he enjoys no more of it then according to the few and limited needs of a man; he cannot eat like a Wolf or an Elephant: that variety of dainty fare ministers but to sin and sicknesses: that the poor man feasts oftner then the rich, because every little enlargement is a feast to the poor, but he that feasts every day feasts no day, there being nothing left to which he may beyond his Ordinary extend his appetite: that the rich man sleeps not so soundly as the poor labourer; that his fears are more, and his needs are greater, (for who is poorer, he that needs 5 *l.* or he that needs 5000?) the poor man hath enough to fill his belly, and the rich hath not enough to fill his eye: that the poor man's wants are easie to be relieved by a common charity, but the needs of rich men cannot be supplied but by Prin-

Provocet ut segnes animos, rerúmque remotas
Ingeniosa vias paulatim exploret egestas.
*Claudian.*

——— Sed olim
Prodigio par est in nobilitate Senectus.
Hortulus hic, puteúsque brevis nec reste movendus,
In tenues plantas facili diffunditur haustu.
Vive bidentis amans & culti villicus horti,
Unde epulum possis centum dare Pythagoreis.
Est aliquid quocunque loco, quocunque recessu,
Unius dominum sese fecisse lacerta. *Juven. Sat.* 3.

ces}

ces; and they are left to the temptation of great vices to make reparation of their needs; and the ambitious labours of men to get great estates is but like the selling of a Fountain to buy a Fever, a parting with content to buy necessity, a purchase of an unhandsome condition at the price of infelicity: that Princes, and they that enjoy most of the world, have most of it but in title and supreme rights and reserved priviledges, pepper-corns, homages, trifling services and acknowledgements, the real use descending to others to more substantial purposes. These considerations may be useful to the curing of Covetousness, that the grace of mercifulness enlarging the heart of a man, his hand may not be contracted, but reached out to the poor in Alms.

## SECT. IX.

### *Of Repentance.*

REpentance of all things in the World makes the greatest change; it changes things in Heaven and Earth: for it changes the whole Man from sin to grace, from vicious habits to holy customs, from unchast bodies to Angelical Souls, from Swine to Philosophers, from drunkenness to sober counsels: and God himself, *with whom is no variableness or shadow of change*, is pleased, by descending to our weak understandings, to say that he changes also upon man's Repentance, that he alters his decrees, revokes his sentence, cancels the bills of accusation, throws the Records of shame and sorrow from the Court of Heaven, and lifts up the sinner from the grave to life, from his prison to a throne, from Hell and the guilt of eternal torture, to Heaven and to a title to never-ceasing felicities. If we be *bound on Earth*, we shall be *bound in Heaven*; if we be absolved here, we shall be loosed there: if we repent, God will repent, and not send the evil upon us which we had deserved.

But Repentance is a conjugation and society of many

many duties; and it contains in it all the parts of a holy life, from the time of our return, to the day of our death inclusively; and it hath in it some things specially relating to the sins of our former days, which are now to be abolished by special arts, and have obliged us to special labours, and brought in many new necessities, and put us into a very great deal of danger. And because it is a duty consisting of so many parts and so much imployment, it also repairs much time, and leaves a man in the same degree of hope or pardon, as is his restitution to the state of righteousness and holy living, for which we covenanted in Baptism. For we must know that there is but one Repentance in a man's whole life, if repentance be taken in the proper and strict Evangelical-Covenant-sense, and not after the ordinary understanding of the word: That is, we are but once to change our whole state of life, from the power of the Devil and his intire possession, from the state of sin and death, from the body of corruption, to the life of grace, to the possession of *Jesus*, to the kingdom of the Gospel; and this is done in the baptism of water, or in the baptism of the Spirit, when the first rite comes to be verified by God's grace coming upon us, and by our obedience to the heavenly calling, we working together with God. After this change, if ever we fall into the contrary state, and be wholly estranged from God and Religion, and profess our selves servants of unrighteousness, God hath made no more covenant of restitution to us, there is no place left for any more Repentance, or intire change of condition, or new birth: a man can be regenerated but once. And such are voluntary, malicious Apostates, Witches, obstinate, impenitent persons, and the like. But if we be overtaken by infirmity, or enter into the marches or borders of this estate, and commit a grievous sin, or ten, or twenty, so we be not in the intire possession of the Devil, we are for the present in a damnable condition if we die; but if we live, we are in a recoverable condition; for so we may repent often. We repent or rise from death but once, but from sickness

many

many times; and by the grace of God we shall be pardoned if so we repent. But our hopes of pardon are just as is the Repentance; which, if it be timely, hearty, industrious and effective, God accepts; not by weighing grains or scruples, but by estimating the great proportions of our life. A hearty endeavour and an effectual general change shall get the pardon; the unavoidable infirmities, and past evils, and present imperfections, and short interruptions, against which we watch, and pray, and strive, being put upon the accounts of the Cross, and payed for by the holy *Jesus*. This is the state and condition of Repentance: its parts and actions must be valued according to the following rules.

*Acts and parts of Repentance.*

1. He that repents truly is greatly sorrowful for his past sins: not with a superficial sigh or tear, but a pungent afflictive sorrow; such a sorrow as hates the sin so much, that the man would chuse to die rather then act it any more. This sorrow is called in Scripture [*a weeping sorely, a weeping with bitterness of heart, a weeping day and night, a sorrow of heart, a breaking of the spirit, mourning like a dove, and chattering like a swallow:*] and we may read the degree and manner of it by the lamentations and sad accents of the prophet *Jeremy*, when he wept for the sins of the nation; by the heart-breaking of *David*, when he mourned for his murther and adultery; and the bitter weeping of S. *Peter*, after the shameful denying of his Master. * The expression of this sorrow differs according to the temper of the body, the sex, the age, and circumstance of action, and the motive of sorrow, and by many accidental tendernesses, or masculine hardnesses: and the repentance is not to be estimated by the tears, but by the grief; and the grief is to be valued not by the sensitive trouble, but by the cordial hatred of the sin, and ready actual dereliction of it, and a resolution and real resisting its consequent tempta-

Jer. 13. 17. Joel 2. 13. Ezek. 27. 31. James 4. 9.

temptations. Some people can ſhed tears for nothing, ſome for any thing: but the proper and true effects of a godly ſorrow are, fear of the Divine judgments, apprehenſion of God's diſpleaſure, watchings and ſtrivings againſt ſin, patiently enduring the croſs of ſorrow, (which God ſends as their puniſhment,) in accuſation of our ſelves, in perpetually begging pardon, in mean and baſe opinions of our ſelves, and in all the natural productions from theſe according to our temper and conſtitution. For if we be apt to weep in other accidents, it is ill if we weep not alſo in the ſorrows of Repentance: not that weeping is of it ſelf a duty; but that the ſorrow, if it be as great, will be ſtill expreſſed in as great a manner.

2. Our ſorrow for ſins muſt retain the *proportion* of our ſins, though not the *equality*: we have no particular meaſures of ſins; we know not which is greater, of Sacriledge or Superſtition, Idolatry or Covetouſneſs, Rebellion or Witchcraft: and therefore God ties us not to nice meaſures of ſorrow, but only that we keep the general Rules of proportion; that is, that a great ſin have a great grief, a ſmaller crime being to be waſhed off with a leſſer ſhowr.

*Hugo de S. Victor.* 3. Our ſorrow for ſins is then beſt accounted of for its degree, when it, together with all the penal and afflictive duties of Repentance, ſhall have equalled or exceeded the pleaſure we had in commiſſion of the ſin.

4. True Repentance is a puniſhing duty, and acts its ſorrow, and judges and condemns the ſin by voluntary ſubmitting to ſuch ſadneſſes as God ſends on us; or (to prevent the judgment of God) by judging our ſelves, and puniſhing our bodies and our ſpirits by ſuch inſtruments of piety as are troubleſome to the body: ſuch as are faſting, watching, long prayers, troubleſome poſtures in our prayers, expenſive alms, and all outward acts of humiliation. For he that muſt judge himſelf, muſt condemn himſelf if he be guilty; and if he be condemned, he muſt be puniſhed; and if he be ſo judged, it will help to prevent the judgment of the Lord, S. *Paul* inſtructing us in this particular. But I

1 Cor. 11. 31.

before

before intimated that the *punishing actions* of Repentance are only actions of sorrow, and therefore are to make up the proportions of it. For our grief may be so full of trouble as to outweigh all the burthens of fasts and bodily afflictions, and then the other are the less necessary; and when they are used, the benefit of them is to obtain of God a remission or a lessening of such temporal judgments which God hath decreed against the sins, as it was in the case of *Ahab*: but the sinner is not by any thing of this reconciled to the eternal favour of God; for as yet this is but the introduction to Repentance.

5. Every true penitent is obliged to confess his sins, and to humble himself before God for ever. Confession of sins hath a special promise. *If we confess our sins, he is faithful and just to forgive us our sins*: meaning, that God hath bound himself to forgive us if we duly confess our sins, and do all that for which confession was appointed; that is, be ashamed of them, and own them no more. For confession of our sins to God can signifie nothing of it self in its direct nature: He sees us when we act them, and keeps a record of them; and we forget them unless he reminds us of them by his grace. So *that to confess them to God does not punish us, or make us ashamed; but confession to him, if it proceeds from shame and sorrow, and is an act of humility and self-condemnation*, and is a laying open our wounds for cure, then it is a duty God delights in. In all which circumstances, because we may very much be helped if we take in the assistance of a spiritual Guide; therefore the Church of God in all ages hath commended, and in most ages enjoyn'd, * that we confess our sins, and discover the state and condition of our Souls, to such a person whom we or our superiours judge fit to help us in such needs. For so [*if we confess our sins one to another*] as S. *James* advises, we shall obtain the prayers of the holy man whom God and the Church hath appointed solemnly to pray for us: and when he knows our needs, he

1 John 1. 9.

* Ἀναγκαῖον τοῖς πεπιστευμένοις τὴν οἰκονομίαν τῶν μυστηρίων τοῦ θεοῦ ἐξομολογεῖσθαι τὰ ἁμαρτήματα. S. Basil. reg. brev. 228. Concil. Laod. c. 2. Concil. Quin. sext. c. 102. Tertul. de pœnit.

can best minister comfort or reproof, oyl or Causticks; he can more opportunely recommend your particular state to God; he can determine your cases of conscience, and judge better for you then you do for your self; and the shame of opening such Ulcers may restrain your forwardness to contract them: and all these circumstances of advantage will do very much towards the forgiveness. And this course was taken by the new Converts in the days of the Apostles, [*For many that believed, came and confessed and shewed their deeds.*] And it were well if this duty were practised prudently and innocently in order to publick discipline, or private comfort and instruction: but that it be done to God is a duty, not directly for it self, but for its adjuncts and the duties that go with it, or before it, or after it: which duties because they are all to be helped and guided by our Pastors and Curates of Souls, he is careful of his eternal interest that will not lose the advantage of using a private Guide and Judge. *He that hideth his sins shall not prosper*; [*Non dirigetur*, saith the Vulgar Latin, *he shall want a guide*] *but who confesseth and forsaketh them shall have mercy.* And to this purpose *Climacus* reports that divers holy persons in that Age did use to carry Table-books with them, and in them describ'd an account of all their determinate thoughts, purposes, words and actions, in which they had suffered infirmity; that by communicating the estate of their Souls they might be instructed and guided, and corrected or incouraged.

Act. 19. 18.

Prov. 28. 13.

6. True Repentance must reduce to act all its holy purposes, and enter into and run through *the state of holy* living*, which is contrary to that state of darkness in which in times past we walked. (*a*) For to resolve to do it, and yet not to do it, is to break our resolution and our faith, to mock God, to falsifie and evacuate all the preceding acts of Repentance, and to make our

Rom. 6. 3, 4, 7. & 8. 10. & 13. 13, 14. & 11. 22, 27. Gal. 5. 6, 24. & 6. 15. 1 Cor. 7. 19. 2 Cor. 13. 5. Colos. 1. 21, 22, 23. Heb. 12. 1, 14, 16. & 10. 16, 22. 1 Pet. 1. 15. 2 Pet. 1. 4, 9, 10. & 3. 11. 1 John 1. 6. & 3. 8, 9. & 5. 16.

(a) Nequam illud verbum, Bene vult, nisi qui bene facit. *Trinummus.*

our pardon hopeleſs, and our hope fruitleſs. He that reſolves to live well when a danger is upon him, or a violent fear, or when the appetites of luſt are newly ſatisfied, or newly ſerved, and yet when the temptation comes again, ſins again, and then is ſorrowful, and reſolves once more againſt it, and yet falls when the temptation returns, is a vain man, but no true penitent, nor in the ſtate of grace; and if he chance to die in one of theſe good moods, is very far from ſalvation: for if it be neceſſary that we reſolve to live well, it is neceſſary we ſhould do ſo. For reſolution is an imperfect act, a term of relation, and ſignifies nothing but in order to the actions: it is as a faculty is to the act, as Spring to the Harveſt, as Eggs are to Birds, as a Relative to its Correſpondent, nothing without it. No man therefore can be in the ſtate of grace and actual favour by reſolutions and holy purpoſes, theſe are but the gate and portal towards pardon: a holy life is the only perfection of Repentance, and the firm ground upon which we can caſt the anchor of hope in the mercies of God through *Jeſus* Chriſt.

7. No man is to reckon his pardon immediately upon his returns from ſin to the beginnings of good life, but is to begin his hopes and degrees of confidence according as ſin dies in him, and grace lives; as the habits of ſin leſſen, and righteouſneſs grows; according as ſin returns but ſeldom in ſmaller inſtances and without choice, and by ſurpriſe without deliberation, and is highly diſ-reliſhed, and preſently daſhed againſt the Rock Chriſt *Jeſus* by a holy ſorrow and renewed care and more ſtrict watchfulneſs. For a holy life being the condition of the Covenant on our part, as we return to God, ſo God returns to us, and our ſtate returns to the probabilities of pardon.

8. Every man is to work out his ſalvation with fear and trembling; and after the commiſſion of ſins his fears muſt multiply; becauſe every new ſin and every great declining from the ways of God is ſtill a degree of new danger, and hath increaſed God's anger, and hath made him more uneaſie to grant pardon:

and when he does grant it, it is upon harder terms both for doing and suffering; that is, we must do more for pardon, and, it may be, suffer much more. For we must know that God pardons our sins by parts; as our duty increases, and our care is more prudent and active, so God's anger decreases: and yet it may be the last sin you committed made God unalterably resolved to send upon you some sad judgment. Of the particulars in all cases we are uncertain; and therefore we have reason always to mourn for our sins that have so provoked God, and made our condition so full of danger, that it may be no prayers or tears or duty can alter his sentence concerning some sad judgment upon us. Thus God irrevocably decreed to punish the *Israelites* for Idolatry, although *Moses* prayed for them, and God forgave them in some degree; that is, so that he would not cut them off from being a People: yet he would not forgive them so, but he would visit that their sin upon them; and he did so.

Dandum interstitium pœnitentiæ. *Tacit.*

9. A true penitent must all the days of his life pray for pardon, and never think the work compleated till he dies; not by any act of his own, by no act of the Church, by no forgiveness by the party injured, by no restitution. These are all instruments of great use and efficacy, and the means by which it is to be done at length; but still the sin lies at the door ready to return upon us in judgment and damnation, if we return to it in choice or action. And whether God hath forgiven us or no, we know not, (*a*) and how far we know not; and all that we have done is not of sufficient worth to obtain pardon: therefore still pray, and still be sorrowful for ever having done it, and for ever watch against it; and then those beginnings of pardon which are working all the way, will at last be perfected in the day of the Lord.

(*a*) I peccati & i debiti son sempre piu di quel che si crede.

* Τί οὖν πρὸς ὅθος ἐστὶν εὑρέσκειν βούλημα; τὸ ἐναντίον ἔθος. *Arrian.*

10. Defer not at all to repent; much less mayest thou put it off to thy Death-bed. It is not an easie thing to root out the habits * of sin, which a man's whole life hath gathered and confirmed. We find work

work enough to mortifie one beloved luſt, in our very beſt advantage of ſtrength and time, and before it is ſo deeply rooted as it muſt needs be ſuppoſed to be at the end of a wicked life: and therefore it will prove impoſſible when the work is ſo great and the ſtrength ſo little, when ſin is ſo ſtrong and grace ſo weak: for they always keep the ſame proportion of increaſe and decreaſe, and as ſin grows, grace decays: ſo that the more need we have of grace, the leſs at that time we ſhall have; becauſe the greatneſs of our ſins, which makes the need, hath leſſened the grace of God (which ſhould help us) into nothing. To which add this conſideration, that on a man's Death-bed the day of Repentance is paſt: for Repentance being the renewing of a holy life, a living the life of grace, it is a contradiction to ſay that a man can live a holy life upon his Death-bed: eſpecially if we conſider, that for a ſinner to live a holy life muſt firſt ſuppoſe him to have overcome all his evil habits, and then to have made a purchace of the contrary graces, by the labours of great prudence, watchfulneſs, ſelf-denial and ſeverity. *Nothing that is excellent can be wrought ſuddenly.*

Mortem venientem nemo hilaris excipit, niſi qui ad eam ſe diu compoſuerat.

οὐδὲν τῶν μεγάλων ἄφνω γίνεται. Arria.

11. After the beginnings of thy recovery, be infinitely fearful of a relapſe; and therefore upon the ſtock of thy ſad experience obſerve where thy failings were, and by eſpecial arts fortifie that faculty, & arm againſt that temptation. For if all thoſe arguments which God uſes to us to preſerve our innocence, and thy late danger, and thy fears, and the goodneſs of God making thee once to eſcape, and the ſhame of thy fall, and the ſenſe of thy own weakneſſes will not make thee watchful againſt a fall, eſpecially knowing how much it coſts a man to be reſtored, it will be infinitely more dangerous if ever thou falleſt again; not only for fear God ſhould no more accept thee to pardon, but even thy own hopes will be made more deſperate, and thy impatience greater, and thy ſhame turn to impudence, and thy own will be more eſtranged, violent and refractory, and *thy latter end will be worſe then thy beginning.* To which add this conſideration, That thy

ſin, which was formerly in a good way of being pardoned, will not only return upon thee with all its own loads, but with the baſeneſs of unthankfulneſs, and thou wilt be ſet as far back from Heaven as ever; and all thy former labours and fears and watchings and agonies will be reckoned for nothing, but as arguments to upbraid thy folly, who, when thou hadſt ſet one foot in Heaven, didſt pull that back and carry both to Hell.

*Motives to Repentance.*

I ſhall uſe no other arguments to move a ſinner to Repentance, but to tell him, unleſs he does, he ſhall certainly periſh; and if he does repent timely and intirely, that is, live a holy life, he ſhall be forgiven and be ſaved. But yet I deſire that this conſideration be enlarged with ſome great circumſtances; and let us remember,

1. That to admit Mankind to Repentance and pardon was a favour greater then ever God gave to the Angels and Devils: for they were never admitted to the condition of ſecond thoughts; Chriſt never groaned one groan for them; he never ſuffered one ſtripe nor one affront, nor ſhed one drop of bloud to reſtore them to hopes of bleſſedneſs after their firſt failings. But this he did for us: he paid the ſcore of our ſins, only that we might be admitted to repent, and that this Repentance might be effectual to the great purpoſes of felicity and ſalvation.

2. Conſider, that as it coſt Chriſt many millions of prayers and groans and ſighs, ſo he is now at this inſtant, and hath been for theſe 1600 years, night and day inceſſantly praying for grace to us that we may repent, and for pardon when we do, and for degrees of pardon beyond the capacities of our infirmities, and the merit of our ſorrows and amendment; and this prayer he will continue till his ſecond coming: Heb. 7. 25. *for he ever liveth to make interceſſion for us.* And that we may know what it is in behalf of which he intercedes,

S. *Paul*

S. *Paul* tells us his design, [ *We are Embassadors for Christ, as though he did beseech you by us, we pray you in Christ's stead to be reconciled to God.* ] And what Christ prays us to do, he prays to God that we may do; that which he desires of us as his Servants, he desires of God, who is the fountain of the grace and powers unto us, and without whose assistance we can do nothing. 2 Cor. 5. 20.

3. That ever we should repent, was so costly a purchase, and so great a concernment, and so high a favour, and the event is esteemed by God himself so great an excellency, that our blessed Saviour tells us, *there shall be joy in Heaven over one sinner that repenteth*: meaning, that when Christ shall be glorified, and at the right hand of his Father make intercession for us, praying for our Repentance, the Conversion and Repentance of every sinner is part of Christ's glorification, it is the answering of his prayers, it is a portion of his reward in which he does essentially glory by the joys of his glorified humanity. This is the joy of our Lord himself directly, not of the Angels, save only by reflection: The joy (said our blessed Saviour) shall be *in the presence* of the Angels; they shall see the glory of the Lord, the answering of his prayers, the satisfaction of his desires, and the reward of his sufferings, in the repentance and consequent pardon of a sinner. For therefore he once suffered, and for that reason he rejoyces for ever. And therefore when a penitent sinner comes to receive the effect and full consummation of his pardon, it is called [*an entring into the joy of our Lord*] that is, a partaking of that joy which Christ received at our conversion, and enjoyed ever since. Luke 15. 7.

4. Add to this, that the rewards of Heaven are so great and glorious, and Christ's burthen is so light, his yoke is so easie, that it is a shameless impudence to expect so great glories at a less rate then so little a service, at a lower rate then a holy life. It cost the heart-bloud of the Son of God to obtain Heaven for us upon that condition; and who shall die again to get Heaven for us upon easier terms? What would you do if God

should command you to kill your eldest son, or to work in the mines for a thousand years together, or to fast all thy life-time with bread and water? were not Heaven a very great bargain even after all this? And when God requires nothing of us but to live soberly, justly and godly, (which things of themselves are to a man a very great felicity, and necessary to our present well-being) shall we think this to be an intolerable burthen, and that Heaven is too little a purchase at that price; and that God in meer justice will take a Death-bed sigh or groan, and a few unprofitable tears and promises, in exchange for all our duty?

If these motives joyned together with our own interest, even as much as felicity, and the sight of God, and the avoiding the intolerable pains of Hell, and many intermedial judgments come to, will not move us to leave, 1. the filthiness, and 2. the trouble, and 3. the uneasiness, and 4. the unreasonableness of sin, and turn to God, there is no more to be said, we must perish in our folly.

## SECT. X.

### *Of Preparation to, and the manner how to receive the holy Sacrament of the Lord's Supper.*

THE celebration of the holy Sacrament is the great mysteriousness of the Christian Religion, and succeeds to the most solemn rite of natural and Judaical Religion, the Law of sacrificing. For God spared Mankind, and took the sacrifice of beasts together with our solemn prayers for an instrument of expiation. But these could not purifie the Soul from sin, but were typical of the sacrifice of something that could. But nothing could do this, but either the offering of all that sinned, that every man should be the *anathema* or *devoted thing*; or else by some one of the same capacity, who by some superadded excellency might in his own personal sufferings have a value great enough to satisfie for all the whole kind of sinning persons. This the Son of God, *Jesus Christ* God and Man, undertook, and finished by a Sacrifice of himself upon the Altar of the Cross.

2. This

2. This Sacrifice, because it was perfect, could be but one, and that once: but because the needs of the world should last as long as the world it self, it was necessary that there should be a perpetual ministery established, whereby this one sufficient sacrifice should be made eternally effectual to the several new-arising needs of all the world who should desire it, or in any sense be capable of it.

3. To this end Christ was *made a Priest for ever*: he was initiated or consecrated on the cross, and there began his Priesthood, which was to last till his coming to judgment. It began on earth, but was to last and be officiated in Heaven, where he sits perpetually representing and exhibiting to the Father that great effective sacrifice (which he offered on the cross) to eternal and never-failing purposes.

4. As Christ is pleased to represent to his Father that great Sacrifice as a means of atonement and expiation for all Mankind, and with special purposes and intendment for all the elect, all that serve him in holiness: so he hath appointed that the same ministery shall be done upon earth too, in our manner, and according to our proportion; and therefore hath constituted and separated an order of men who, by *shewing forth the Lord's death* by Sacramental representation, may pray unto God after the same manner that our Lord and High-Priest does, that is, offer to God and represent, in this solemn prayer and Sacrament, Christ as already offered; so sending up a gracious instrument whereby our prayers may for his sake and in the same manner of intercession be offered up to God in our behalf, and for all them for whom we pray, to all those purposes for which Christ died.

5. As the Ministers of the Sacrament do in a Sacramental manner present to God the Sacrifice of the cross, by being imitators of Christ's intercession; so the People are sacrificers too in their manner: for besides that, by saying [illegible] they joyn in the act of him that ministers, and make it also to be their own; so when they eat and drink the consecrated and blessed

Elements

Elements worthily, they receive Christ within them, and therefore may also offer him to God, while in their sacrifice of obedience and thanksgiving they present themselves to God with Christ whom they have spiritually received, that is, themselves with that which will make them gracious and acceptable. The offering their bodies and Souls and services to God *in him*, and *by him*, and *with him*, who is his Father's *well-beloved*, *and in whom he is well pleased*, cannot but be accepted to all the purposes of blessing, grace and glory. †

† Nasti tempora tu Jovis serени,
Cùm fulget placidus, suóque vultu,
Quo nil supplicibus solet negare. *Martial. Ep. l. 5. 6.*

6. This is the summe of the greatest mystery of our Religion; it is the copy of the Passion, and the ministration of the great mystery of our Redemption: and therefore whatsoever entitles us to the general privileges of Christ's passion, all that is necessary by way of disposition to the celebration of the Sacrament of his Passion, because this celebration is our manner of applying or using it. The particulars of which preparation are represented in the following rules.

1. No man must dare to approach to the holy Sacrament of the Lord's Supper if he be in a state of any one sin, that is, unless he have entred into the state of repentance, that is, of sorrow and amendment; lest it be said concerning him, as it was concerning Judas, The hand of him that betrayeth me is with me on the Table: and he that receiveth Christ into an impure Soul or body, first turns his most excellent nourishment into poison, and then feeds upon it.

Vasa pura ad rem Divinam. *Plaut. in Cap. Act. 4. sc. 1.*

2. Every Communicant must first have examined himself, that is, tried the condition and state of his Soul, searched out the secret ulcers, enquired out its weaknesses and indiscretions, and all those aptnesses where it is exposed to temptation; that by finding out its diseases he may find a cure, and by discovering its aptnesses he may secure his present purposes of

of future amendment, and may be armed against dangers and temptations.

3. This examination must be a man's own act, and inquisition into his life: but then also it should lead a man on to run to those whom the Great Physician of our Souls Christ *Jesus* hath appointed to minister physick to our diseases; that in all dangers and great accidents we may be assisted for comfort and remedy, for medicine and caution.

4. In this affair let no man deceive himself, and against such a time which publick Authority hath appointed for us to receive the Sacrament, weep for his sins by way of solemnity and ceremony, and still retain the affection: but he that comes to this Feast must have on the Wedding-garment, that is, he must have *put on Jesus Christ*, and he must have *put off the old man with his affections and lusts*; and he must *be wholly conformed to Christ in the image of his mind.* For then we have put on Christ, when our Souls are cloathed with his righteousness, when every faculty of our Soul is proportioned and vested according to the pattern of Christ's life. And therefore a man must not leap from his last night's Surfeit and Bath, and then communicate: but when he hath begun the work of God effectually, and made some progress in repentance, and hath walked some stages and periods in the ways of Godliness, then let him come to him that is to minister it, and having made known the state of his Soul, he is to be admitted: but to receive it into an unhallowed Soul and body, is to receive the dust of the Tabernacle in the waters of jealousie; it will make the belly to swell, and the thigh to rot; it will not convey Christ to us, but the Devil will enter and dwell there, till with it he returns to his dwelling of torment. Remember always that after a great sin, or after a habit of sins, a man is not soon made clean; and no unclean thing must come to this Feast. It is not the preparation of two or three days that can render a person capable of this banquet: For in this Feast all Christ, and Christ's passion, and all his graces, the blessings

ſings, and effects of his ſufferings are conveyed. Nothing can fit us for this, but what can unite us to Chriſt, and obtain of him to preſent our needs to his heavenly Father: this Sacrament can no otherways be celebrated but upon the ſame terms on which we may hope for pardon and Heaven it ſelf.

5. When we have this general and indiſpenſably neceſſary preparation, we are to make our Souls more adorn'd and trimm'd up with circumſtances of pious actions and ſpecial devotions, ſetting apart ſome portion of our time immediately before the day of ſolemnity, according as our great occaſions will permit: and this time is eſpecially to be ſpent in actions of repentance, confeſſion of our ſins, renewing our purpoſes of holy living, praying for pardon of our failings, and for thoſe graces which may prevent the like ſadneſſes for the time to come, meditation upon the paſſion, upon the infinite love of God expreſſed in ſo great myſterious manners of redemption; and indefinitely in all acts of vertue which may build our Souls up into a Temple fit for the reception of Chriſt himſelf, and the inhabitation of the holy Spirit.

6. The celebration of the holy Sacrament being the moſt ſolemn prayer, joyned with the moſt effectual inſtrument of its acceptance, muſt ſuppoſe us in the love of God, and in charity with all the World: and therefore we muſt, before every Communion eſpecially, remember what differences or jealouſies are between us and any one elſe, and recompoſe all diſunions, and cauſe right underſtandings between each others, offering to ſatisfy whom we have injur'd, and to forgive them who have injur'd us, without thoughts of reſuming the quarrel when the ſolemnity is over; for that is but to rake the embers in light and phantaſtick aſhes: it muſt be quenched, and a holy flame enkindled: no fires muſt be at all, but the fires of love and zeal: and the altar of incenſe will ſend up a ſweet perfume, and make atonement for us.

7. When the day of the Feaſt is come, lay aſide all cares and impertinencies of the World, and remember that

that this is thy *Soul's* day, a day of traffick and entercourse with Heaven. Arise early in the morning. 1. Give God thanks for the approach of so great a blessing. 2. Confess thine own unworthiness to admit so Divine a Guest. 3. Then remember and deplore thy sins which have made thee so unworthy. 4. Then confess God's goodness, and take sanctuary there, and upon him place thy hopes. 5. And invite him to thee with renewed acts of love, of holy desire, of hatred of his enemy, sin. 6. Make oblation of thy self wholly to be disposed by him, to the obedience of him, to his providence and possession, and pray him to enter and dwell there for ever. And after this, with joy and holy fear and the forwardness of love address thy self to the receiving of *him*, to whom and by whom and for whom all faith and all hope and all love in the whole Catholick Church, both in Heaven and Earth, is designed; *him*, whom Kings and Queens and whole Kingdoms are in love with, and count it the greatest honour in the World, that their Crowns and Scepters are laid at his holy feet.

8. When the holy Man stands at the *Table of blessing*, and ministers the rite of consecration, then do as the Angels do, who behold, and love, and wonder that the Son of God should become food to the Souls of his servants; that he who cannot suffer any change or *lessening*, should be broken into pieces, and enter into the body to support and nourish the Spirit, and yet at the same time remain in Heaven while he descends to thee upon Earth; that he who hath essential felicity should become miserable and die for thee, and then give himself to thee for ever to redeem thee from sin and misery; that by his wounds he should procure health to thee, by his affronts he should entitle thee to glory, by his death he should bring thee to life, and by becoming a Man he should make thee *partaker of the Divine nature*. These are such glories, that although they are made so obvious that each eye may behold them, yet they are also so deep that no thought can fathom them: But so it hath pleased him

to

to make these mysteries to be *sensible*, because the excellency and depth of the mercy is *not intelligible*; that while we are ravished and comprehended within the infiniteness of so vast and mysterious a mercy, yet we may be as sure of it as of that thing we see and feel and smell and taste, but yet it is so great that we cannot understand it.

9. These holy mysteries are offered to our senses, but not to be placed under our feet; they are sensible, but not common: and therefore as the weakness of the Elements adds wonder to the excellency of the Sacrament; so let our reverence and venerable usages of them adde honour to the Elements, and acknowledge the glory of the mystery, and the Divinity of the mercy. Let us receive the consecrated Elements with all devotion and humility of body and spirit; and do this honour to it, that it be the first food we eat, and the first beverage we drink that day, unless it be in case of sickness, or other great necessity; and that your body and Soul both be prepared to its reception with abstinence from secular pleasures, that you may better have attended fastings and preparatory prayers. For if ever it be seasonable to observe the counsel of S. *Paul*, that married persons by consent should abstain for a time, that they may attend to solemn Religion, it is now. It was not by S. *Paul* nor the after-ages of the Church called a duty so to doe, but it is most reasonable that the more solemn actions of Religion should be attended to without the mixture of any thing that may discompose the mind, and make it more secular or less religious.

*—Discedite ab aris, Quels tulit hesternâ gaudia nocte Venus.*

10. In the act of receiving, exercise acts of Faith with much confidence and resignation, believing it not to be common bread and wine, but holy in their use, holy in their signification, holy in their change, and holy in their effect: and believe, if thou art a worthy Communicant, thou dost as verily receive Christ's body and bloud to all effects and purposes of the Spirit, as thou dost receive the blessed Elements into thy mouth, that thou puttest thy finger to his hand, and thy

thy hand into his side, and thy lips to his fontinel of bloud, sucking life from his heart: and yet if thou dost communicate unworthily, thou eatest and drinkest Christ to thy danger, and death, and destruction. Dispute not concerning the secret of the mystery, and the nicety of the manner of Christ's presence: it is sufficient to thee that Christ shall be present to thy Soul, as an instrument of grace, as a pledge of the Resurrection, as the earnest of glory and immortality, and a means of many intermedial blessings, even all such as are necessary for thee, and are in order to thy salvation. And to make all this good to thee, there is nothing necessary on thy part but a holy life, and a true belief of all the sayings of Christ; amongst which, indefinitely assent to the words of institution, and believe that Christ in the holy Sacrament gives thee his body and his bloud. He that believes not this is not a Christian. He that believes so much needs not to inquire farther, nor to intangle his faith by disbelieving his sense.

*Cruci hæremus, sanguinem fugimus, & inter ipsa Redemptoris nostri Vulnera figimus linguam. Cyprian. de cœna Dom.*

11. Fail not at this solemnity, according to the custom of pious and devout People, to make an offering to God for uses of Religion and the poor, according to thy ability. For when Christ feasts his body, let us also feast our fellow-members who have right to the same promises, and are partakers of the same Sacrament, and partners of the same hope, and cared for under the same providence, and descend from the same common parents, and whose Father God is, and Christ is their elder brother. If thou chancest to communicate where this holy custom is not observed publickly, supply that want by thy private charity; but offer it to God at his holy Table, at least by thy private designing it there.

12. When you have received, pray and give thanks. Pray for all estates of men; for they also have an interest in the body of Christ whereof they are members: and you in conjunction with Christ (whom then you have received) are more fit to pray for them in that advantage, and in the celebration of that holy sacrifice

fice which then is ſacramentally repreſented to God. * Give thanks for the paſſion of our deareſt Lord: remember all its parts, and all the inſtruments of your Redemption; and beg of God, that by a holy perſeverance in well-doing you may from ſhadows paſs on to ſubſtances, from eating his body to ſeeing his face, from the Typical, Sacramental and tranſient, to the Real and Eternal Supper of the Lamb.

13. After the ſolemnity is done, let Chriſt dwell in your hearts by faith, and love, and obedience, and conformity to his life and death: as you have taken Chriſt *into you*, ſo *put Chriſt on you*, and conform every faculty of your Soul and body to his holy image and perfection. Remember that now Chriſt is all one with you; and therefore when you are to doe an action, conſider how Chriſt did or would doe the like, and do you imitate his example, and tranſcribe his copy, and underſtand all his commandments, and chuſe all that he propounded, and deſire his promiſes, and fear his threatnings, and marry his loves and hatreds, and contract his friendſhips: for then you do every day communicate; eſpecially when Chriſt thus dwells in you, and you in Chriſt, growing up towards *a perfect man in Chriſt Jeſus*.

14. Do not inſtantly upon your return from Church return alſo to the World, and ſecular thoughts and imployments; but let the remaining parts of that day be like a *poſt-communion* or an *after-office*, entertaining your bleſſed Lord with all the careſſes and ſweetneſs of love and colloquies, and entercourſes of duty and affection, acquainting him with all your needs, and revealing to him all your ſecrets, and opening all your infirmities: and as the affairs of your perſon or imployment call you off, ſo retire again with often ejaculations and acts of entertainment to your beloved Gueſt.

*The effects and benefits of worthy Communicating.*

When I ſaid that the ſacrifice of the croſs which Chriſt offered for all the ſins and all the needs of the world

world is represented to God by the Minister in the Sacrament, and offered up in prayer and Sacramental memory, after the manner that Christ himself intercedes for us in Heaven, (so far as his glorious priesthood is imitable by his ministers on earth,) I must of necessity also mean, that all the benefits of that sacrifice are then conveyed to all that communicate worthily. But if we descend to particulars, Then and there the Church is nourished in her faith, strengthened in her hope, enlarged in her bowels with an increasing charity. There all the members of Christ are joyned with each other, and all to Christ their head: and we again renew the covenant with God in *Jesus* Christ, and God seals his part, and we promise for ours, and Christ unites both, and the holy Ghost signs both in the collation of those graces which we then pray for and exercise and receive all at once. There our bodies are nourished with the signs, and our Souls with the mystery: our bodies receive into them the seed of an immortal nature, and our Souls are joyned with him who is the first-fruits of the resurrection, and never can die. And if we desire any thing else and need it, here it is to be prayed for, here to be hoped for, here to be received. Long life and health, and recovery from sickness, and competent support and maintenance, and peace and deliverance from our enemies, and content, and patience, and joy, and sanctified riches, or a chearful poverty, and liberty, and whatsoever else is a blessing, was purchased for us by Christ in his death and resurrection, and in his intercession in Heaven. And this Sacrament being that to our particulars which the great mysteries are in themselves, and by design to all the world, if we receive worthily, we shall receive any of these blessings, according as God shall chuse for us; and he will not only chuse with more wisedom, but also with more affection, then we can for our selves.

After all this, it is advised by the Guides of Souls, wise men and pious, that all persons should communicate very often, even as often as they can without ex-

cuſes or delays. Every thing that puts us from ſo holy an imployment when we are moved to it, being either a ſin or an imperfection, an infirmity or indevotion, and an unactiveneſs of ſpirit. All Chriſtian people muſt come. They indeed that are in the ſtate of ſin muſt not come ſo, but yet they muſt come. Firſt they muſt quit their ſtate of death, and then partake of the bread of life. They that are at enmity with their neighbours muſt come, that is no excuſe for their not coming; only they muſt not bring their enmity along with them, but leave it, and then come. They that have variety of ſecular imployments muſt come; only they muſt leave their ſecular thoughts and affections behind them, and then come and converſe with God. If any man be well grown in grace he muſt needs come, becauſe he is excellently diſpoſed to ſo holy a feaſt: but he that is but in the infancy of piety had need to come, that ſo he may grow in grace. The ſtrong muſt come, leſt they become weak; and the weak, that they may become ſtrong. The ſick muſt come to be cured, the healthful to be preſerved. They that have leiſure muſt come, becauſe they have no excuſe: they that have no leiſure muſt come hither, that by ſo excellent Religion they may ſanctifie their buſineſs. The penitent ſinners muſt come, that they may be juſtified; and *they that are juſtified, that they may be juſtified ſtill.* They that have fears and great reverence to theſe myſteries, and think no preparation to be ſufficient, muſt receive, that they may learn how to receive the more worthily; and they that have a leſs degree of reverence muſt come often to have it heightned: that as thoſe Creatures that live amongſt the ſnows of the Mountains turn white with their food and converſation with ſuch perpetual whiteneſſes; ſo our Souls may be transformed into the ſimilitude and union with Chriſt by our perpetual feeding on him, and converſation, not only in his Courts, but in his very heart, and moſt ſecret affections, and incomparable purities.

L'Eveſque de Geneve introd. a la vie devote.

Prayers

*Prayers for all ſorts of Men and all neceſſities; relating to the ſeveral parts of the vertue of Religion.*

*A Prayer for the Graces of Faith, Hope, Charity.*

O Lord God of infinite mercy, of infinite excellency, who haſt ſent thy holy Son into the world to redeem us from an intolerable miſery, and to teach us a holy religion, and to forgive us an infinite debt; give me thy holy Spirit, that my underſtanding and all my faculties may be ſo reſigned to the diſcipline and doctrine of my Lord, that I may be prepared in mind and will to die for the teſtimony of *Jeſus*, and to ſuffer any affliction or calamity that ſhall offer to hinder my duty, or tempt me to ſhame or ſin or apoſtaſie: and let my faith be the parent of a good life, a ſtrong ſhield to repel the fiery darts of the Devil, and the Author of a holy hope, of modeſt deſires, and confidence in God, and of a never-failing charity to thee my God, and to all the world; that I may never have my portion with the unbelievers, or uncharitable and deſperate perſons; but may be ſupported by the ſtrengths of faith in all temptations, and may be refreſhed with the comforts of a holy hope in all my ſorrows, and may bear the burthen of the Lord, and the infirmities of my neighbour by the ſupport of charity; that the yoak of *Jeſus* may become eaſie to me, and my love may do all the miracles of grace, till from grace it ſwell to glory, from earth to heaven, from duty to reward, from the imperfections of a beginning and little growing love, it may arrive to the conſummation of an eternal and never-ceaſing charity, through *Jeſus* Chriſt the Son of thy love, the Anchor of our hope, and the Author and finiſher of our Faith: to whom with thee, O Lord God, Father of Heaven and Earth, and with thy holy Spirit, be all glory, and love, and obedience, and dominion now and for ever.

*Acts of Love by way of prayer and ejaculation; to be uſed in private.*

1. *O God, thou art my God, early will I ſeek thee: my ſoul thirſteth for thee, my fleſh longeth for thee in a dry and thirſty land where no water is; To ſee thy power and thy glory ſo as I have ſeen thee in the ſanctuary. Becauſe thy loving kindneſs is better then life, my lips ſhall praiſe thee.* Pſal. 63. 1, &c.

2. *I am ready not only to be bound, but to die for the name of the Lord Jeſus.* Acts 21. 13.

3. *How amiable are thy tabernacles, thou Lord of Hoſts? My ſoul longeth, yea even fainteth for the courts of the Lord: my heart and my fleſh crieth out for the living God. Bleſſed are they that dwell in thy houſe, they will ſtill be praiſing thee.* Pſal. 84. 1, 2, 4.

4. O bleſſed *Jeſu*, thou art worthy of all adoration, and all honour, and all love: Thou art the Wonderful, the Counſellor, the mighty God, the Everlaſting Father, the Prince of peace; of thy government and peace there ſhall be no end: Thou art the brightneſs of thy Father's glory, the expreſs image of his perſon, the appointed Heir of all things. Thou upholdeſt all things by the word of thy power: Thou didſt by thy ſelf purge our ſins: Thou art ſet on the right hand of the Majeſty on high: Thou art made better then the Angels; thou haſt by inheritance obtained a more excellent name then they. Thou, O deareſt *Jeſus*, art the head of the Church, the beginning and the firſtborn from the dead: in all things thou haſt the preeminence, and it pleaſed the Father that in thee ſhould all fulneſs dwell. Kingdoms are in love with thee: Kings lay their Crowns and Scepters at thy feet, and Queens are thy handmaids, and waſh the feet of thy ſervants.

*A Prayer*

*A Prayer to be ſaid in any Affliction, as death of children, of husband or wife, in great poverty, in impriſonment, in a ſad and diſconſolate ſpirit, and in temptations to deſpair.*

O Eternal God, Father of Mercies and God of all comfort, with much mercy look upon the ſadneſſes and ſorrows of thy ſervant. My ſins lie heavy upon me, and preſs me ſore, and there is no health in my bones by reaſon of thy diſpleaſure and my ſin. The waters are gone over me, and I ſtick faſt in the deep mire, and my miſeries are without comfort, becauſe they are puniſhments of my ſin: and I am ſo evil and unworthy a perſon, that though I have great deſires, yet I have no diſpoſitions or worthineſs toward receiving comfort. My ſins have cauſed my ſorrow, and my ſorrow does not cure my ſins: and unleſs for thy own ſake, and merely becauſe thou art good, thou ſhalt pity me and relieve me, I am as much without remedy as now I am without comfort. Lord, pity me; Lord, let thy grace refreſh my ſpirit. Let thy comforts ſupport me, thy mercy pardon me, and never let my portion be amongſt hopeleſs and accurſed ſpirits: for thou art good and gracious; and I throw my ſelf upon thy mercy. Let me never let my hold go, and do thou with me what ſeems good in thy own eyes. I cannot ſuffer more then I have deſerved; and yet I can need no relief ſo great as thy mercy is: for thou art infinitely more merciful then I can be miſerable; and thy mercy, which is above all thy own works, muſt needs be far above all my ſin and all my miſery. Deareſt *Jeſus*, let me truſt in thee for ever, and let me never be confounded. *Amen.*

*Ejaculations and ſhort meditations to be uſed in time of Sickneſs and Sorrow, or danger of Death.*

HEar my Prayer, O Lord, and let my cry come unto thee. * Hide not thy face from me in the time of Pſal. 102. 1, 2.

*my trouble, incline thine ear unto me when I call: O hear me,*
3, *and that right ſoon.* * *For my days are conſumed like ſmoak,*
4, *and my bones are burnt up as it were a fire-brand.* * *My heart*
*is ſmitten down and withered like graſs, ſo that I forget to eat*
10. *my bread: And that becauſe of thine indignation and wrath:*
Pſa. 38.2, *for thou haſt taken me up and caſt me down.* * *Thine arrows*
3, *ſtick faſt in me, and thine hand preſſeth me ſore. There is no*
*health in my fleſh becauſe of thy diſpleaſure, neither is there*
4, *any reſt in my bones by reaſon of my ſin.* * *My wickedneſſes*
*are gone over my head, and are a ſore burthen too heavy for*
18. *me to bear.* * But *I will confeſs my wickedneſs, and be ſorry for*
Pſal. 6. 1. *my ſin.* * *O Lord, rebuke me not in thine indignation, nei-*
Pſa. 41.4. *ther chaſten me in thy diſpleaſure.* * *Lord, be merciful unto*
*me, heal my ſoul, for I have ſinned againſt thee.*
Pſa. 51.1. *Have mercy upon me, O God, after thy great goodneſs, ac-*
*cording to the multitude of thy mercies do away mine offences.*
Pſa. 25.7. * *O remember not the ſins and offences of my youth: but accor-*
*ding to thy mercy think thou upon me, O Lord, for thy good-*
Pſa. 51.2, *neſs.* * *Waſh me throughly from my wickedneſs: and cleanſe*
10, *me from my ſin.* * *Make me a clean heart, O God, and re-*
11. *new a right ſpirit within me.* * *Caſt me not away from thy*
*preſence,* from thy all-hallowing and life-giving preſence: *and take not thy holy Spirit,* thy ſanctifying, thy guiding, thy comforting, thy ſupporting and confirming Spirit *from me.*
Pſ. 48.14. *O God,* thou art my *God for ever and ever:* thou
Pſ. 41. 3. *ſhalt be* my *guide unto death.* * *Lord, comfort* me now
that *I lie ſick upon* my *bed: make thou* my *bed in all*
Pſa. 49.5. my *ſickneſſes.* * *O deliver my ſoul from the place of Hell:*
Pſ. 55. 14. and do thou *receive me.* * *My heart is diſquieted with-*
Pſa. 39.5, *in me, and the fear of death is fallen upon me.* * *Behold, thou haſt made my days as it were a ſpan long, and*
*my age is even as nothing in reſpect of thee; and verily*
11, *every man living is altogether vanity.* * *When thou with*
*rebukes doſt chaſten man for ſin, thou makeſt his beauty to*
*conſume away like a moth fretting a garment: every man*
7, *therefore is but vanity.* * *And now, Lord, what is my*
12, *hope? truly my hope is even in thee.* * *Hear my prayer,*
*O Lord, and with thine ears conſider my calling: hold*
10, *not thy peace at my tears.* * *Take this plague away from*
12, *me: I am conſumed by the means of thy heavy hand.* * *I*

*am*

*a ſtranger with thee and a ſojourner, as all my Fathers were.*
** O ſpare me a little, that I may recover my ſtrength before I go hence and be no more ſeen.* 13.
** My Soul cleaveth unto the duſt: O quicken me according to thy word.* Pſal. 119. 25.
** And when the ſnares of death compaſs me round about, let not the pains of hell take hold upon me.* Pſ. 116. 3.

*An Act of Faith concerning Reſurrection and the day of Judgment, to be ſaid by ſick perſons or meditated.*

*I Know that my Redeemer liveth, and that he ſhall ſtand at the latter day upon the earth: and though after my ſkin worms deſtroy this body, yet in my fleſh ſhall I ſee God: whom I ſhall ſee for my ſelf, and mine eyes ſhall behold, though my reins be conſumed within me,* Job 19. 25, &c.
*God ſhall come and ſhall not keep ſilence: there ſhall go before him a conſuming fire, and a mighty tempeſt ſhall be ſtirred up round about him: he ſhall call the heaven from above, and the earth, that he may judge his people.* Pſal. 50. 3, 4.
* O bleſſed *Jeſu*, thou art my Judge and thou art my Advocate: have mercy upon me in the hour of my death, and in the day of judgment. See *John* 5. 28. and 1 *Theſſal.* 4. 15.

*Short Prayers to be ſaid by ſick perſons.*

O Holy *Jeſus*, thou art a merciful High-Prieſt and touched with the ſenſe of our infirmities; thou knoweſt the ſharpneſs of my ſickneſs and the weakneſs of my perſon. The clouds are gathered about me, and thou haſt covered me with thy ſtorm: My underſtanding hath not ſuch apprehenſion of things as formerly. Lord, let thy mercy ſupport me, thy Spirit guide me, and lead me through the valley of this death ſafely; that I may paſs it patiently, holily, with perfect reſignation: and let me rejoyce in the Lord, in the hopes of pardon, in the

expectation of glory, in the ſenſe of thy mercies, in the refreſhments of thy Spirit, in a victory over all temptations.

Thou haſt promiſed to be with us in tribulation. Lord, my Soul is troubled, and my body is weak, and my hope is in thee, and my enemies are buſie and mighty; now make good thy holy promiſe. Now, O holy *Jeſus*, now let thy hand of grace be upon me: reſtrain my ghoſtly enemies, and give me all ſorts of ſpiritual aſſiſtances. Lord, remember thy ſervant in the day when thou bindeſt up thy Jewels.

O take from me all tediouſneſs of ſpirit, all impatience and unquietneſs: let me poſſeſs my Soul in patience, and reſign my Soul and body into thy hands, as into the hands of a faithful Creator, and a bleſſed Redeemer.

O holy *Jeſu*, thou didſt die for us; by thy ſad pungent and intolerable pains which thou enduredſt for me, have pity on me, and eaſe my pain, or increaſe my patience. Lay on me no more then thou ſhalt enable me to bear. I have deſerved it all and more, and infinitely more. Lord, I am weak and ignorant, timorous and inconſtant, and I fear leſt ſomething ſhould happen that may diſcompoſe the ſtate of my Soul, that may diſpleaſe thee: Do what thou wilt with me, ſo thou doſt but preſerve me in thy fear and favour. Thou knoweſt that it is my great fear; but let thy Spirit ſecure, that nothing may be able to ſeparate me from the love of God in *Jeſus* Chriſt: then ſmite me here, that thou mayeſt ſpare me for ever; and yet, O Lord, ſmite me friendly; for thou knoweſt my infirmities. Into thy hands I commend my ſpirit, for thou haſt redeemed me, O Lord, thou God of truth. * Come, holy Spirit, help me in this conflict. Come, Lord *Jeſus*, come quickly.

Let

Let the ſick man often meditate upon theſe following promiſes and gracious words of God.

*My help cometh of the Lord, who preſerveth them that are true of heart*, Pſal. 7. 11.

*And all they that know thy Name will put their truſt in thee: for thou, Lord, haſt never failed them that ſeek thee*, Pſal. 9. 10.

*O how plentiful is thy goodneſs which thou haſt laid up for them that fear thee, and that thou haſt prepared for them that put their truſt in thee, even before the ſons of men!* Pſal. 31. 21.

*Behold, the eye of the Lord is upon them that fear him, and upon them that put their truſt in his mercy, to deliver their ſouls from death*, Pſal. 33. 21.

*The Lord is nigh unto them that are of a contrite heart, and will ſave ſuch as are of an humble ſpirit*, Pſal. 34. 17.

*Thou, Lord, ſhalt ſave both man and beaſt: how excellent is thy mercy, O God! and the children of men ſhall put their truſt under the ſhadow of thy wings*, Pſal. 36. 7.

*They ſhall be ſatisfied with the plenteouſneſs of thy houſe: and thou ſhalt give them to drink of thy pleaſures as out of the rivers*, v. 8.

*For with thee is the well of life: and in thy light we ſhall ſee light*, v. 9.

*Commit thy way unto the Lord, and put thy truſt in him, and he ſhall bring it to paſs*, Pſal. 37. 5.

*But the ſalvation of the righteous cometh of the Lord: who is alſo their ſtrength in the time of trouble*, v. 40.

*So that a man ſhall ſay, Verily there is a reward for the righteous: doubtleſs there is a God that judgeth the earth*, Pſal. 58. 10.

*Bleſſed is the man whom thou chuſeſt and receiveſt unto thee, he ſhall dwell in thy court, and ſhall be ſatisfied with the pleaſures of thy houſe, even of thy holy temple*, Pſal. 65. 4.

*They that ſow in tears ſhall reap in joy*, Pſal. 126. 6.

It

*It is written, I will never leave thee nor forsake thee,* Heb. 13. 5.

*The Prayer of faith shall save the sick; and the Lord shall raise him up: and if he have committed sins, they shall be forgiven him,* Jam. 5. 15.

*Come and let us return unto the Lord: for he hath torn, and he will heal us; he hath smitten, and he will bind us up,* Hos. 6. 1.

*If we sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins,* 1 John 2. 1, 2.

*If we confess our sins, he is faithful and righteous to forgive us our sins, and to cleanse us from all unrighteousness,* 1 John 1. 9.

*He that forgives shall be forgiven,* Luke 6. 37.

*And this is the confidence that we have in him, that if we ask any thing according to his will, he heareth us,* 1 John 5. 14.

*And ye know that he was manifested to take away our sins,* 1 John 3. 5.

*If ye being evil know to give good things to your children, how much more shall your Father which is in Heaven give good things to them that ask him?* Matth. 7. 11.

*This is a faithful saying and worthy of all acceptation, that Jesus Christ came into the world to save sinners,* 1 Tim. 1. 15.

* *He that hath given us his Son, how should not he with him give us all things else?* Rom. 8. 32.

## Acts of Hope to be used by sick persons after a pious life.

1. *I Am perswaded that neither death, nor life, nor Angels, nor Principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature shall be able to separate me from the love of God which is in Christ Jesus our Lord,* Rom. 8. 38, 39.

2. *I have fought a good fight, I have finished my course, I have kept the faith: Henceforth there is laid up for me a crown of righteousness, which the Lord the righteous Judge shall give me*

at

*at that day; and not to me only, but unto all them alſo that love his appearing*, 2 Tim. 4. 7,8.

*Bleſſed be God, even the Father of our Lord Jeſus Chriſt,* 3.
*the Father of mercies and the God of all comforts, Who comforts us in all our tribulation*, 2 Cor. 1. 3,4.

*A Prayer to be ſaid in behalf of a ſick or dying perſon.*

O Lord God, there is no number of thy days nor of thy mercies, and the ſins and ſorrows of thy ſervant alſo are multiplied. Lord, look upon him with much mercy and pity, forgive him all his ſins, comfort his ſorrows, eaſe his pain, ſatisfy his doubts, relieve his fears, inſtruct his ignorances, ſtrengthen his underſtanding, take from him all diſorders of ſpirit, weakneſs and abuſe of fancy. Reſtrain the malice and power of the ſpirits of darkneſs; and ſuffer him to be injured neither by his ghoſtly enemies, nor his own infirmities; and let a holy and a juſt peace, the peace of God, be within his conſcience.

Lord, preſerve his ſenſes till the laſt of his time, ſtrengthen his faith, confirm his hope, and give him a never-ceaſing charity to thee our God, and to all the world: ſtir up in him a great and proportionable contrition for all the evils he hath done, and give him a juſt meaſure of patience for all he ſuffers, give him prudence, memory, and conſideration, rightly to ſtate the accounts of his Soul; and do thou remind him of all his duty; that when it ſhall pleaſe thee that his Soul goes out from the priſon of his body, it may be received by Angels, and preſerved from the ſurpriſe of evil ſpirits, and from the horrors and amazements of new and ſtrange Regions, and be laid up in the boſom of our Lord, till at the day of thy ſecond coming it ſhall be re-united to the body, which is now to be laid down in weakneſs and diſhonour, but we humbly beg, may then be raiſed up with glory and power for ever to live, and to behold the face of God in the glories of the Lord *Jeſus*, who is our hope, our reſurrection, and our life, the

light

light of our eyes and the joy of our ſouls, our bleſſed and ever-glorious Redeemer. *Amen.*

*Hither the ſick perſon may draw in, and uſe the acts of ſeveral vertues reſperſed in the ſeveral parts of this book, the ſeveral Litanies, viz. of Repentance, of the Paſſion, and the ſingle Prayers, according to his preſent needs.*

*A Prayer to be ſaid in a Storm at Sea.*

O My God, thou didſt create the Earth and the Sea for thy glory and the uſe of man, and doſt daily ſhew wonders in the deep: look upon the danger and fear of thy ſervant. My ſins have taken hold upon me, and without the ſupporting arm of thy mercy I cannot look up; but my truſt is in thee. Do thou, O Lord, rebuke the ſea, and make it calm; for to thee the winds and the ſea obey: let not the waters ſwallow me up, but let thy Spirit, the Spirit of gentleneſs and mercy, move upon the waters. Be thou reconciled unto thy ſervants, and then the face of the waters will be ſmooth. I fear that my ſins make me, like *Jonas*, the cauſe of the tempeſt. Caſt out all my ſins, and throw not thy ſervants away from thy preſence, and from the land of the living, into the depths where all things are forgotten. But if it be thy will that we ſhall go down into the waters, Lord, receive my Soul into thy holy hands, and preſerve it in mercy and ſafety till the day of reſtitution of all things: and be pleaſed to unite my death to the death of thy Son, and to accept of it ſo united as a puniſhment for all my ſins, that thou mayeſt forget all thine anger, and blot my ſins out of thy book, and write my Soul there, for *Jeſus* Chriſt his ſake our deareſt Lord and moſt mighty Redeemer. *Amen.*

*Then make an act of Reſignation thus.*

TO God pertain the iſſues of life and death. It is the Lord, let him do what ſeemeth good in his

his own eyes. Thy will be done in earth as it is in Heaven. Recite Pſalm 107. and 130.

*A form of a Vow to be made in this or the like danger.*

IF the Lord will be gracious and hear the Prayer of his ſervant, and bring me ſafe to ſhore, then I will praiſe him ſecretly and publickly, and pay unto the uſes of charity [or Religion] [*then name the ſum you deſign for holy uſes.*] O my God, my goods are nothing unto thee: I will alſo be thy ſervant all the days of my life, and remember this mercy and my preſent purpoſes, and live more to God's glory, and with a ſtricter duty. And do thou pleaſe to accept this Vow as an inſtance of my importunity, and the greatneſs of my needs: and be thou graciouſly moved to pity and deliver me. *Amen.*

*This form alſo may be uſed in praying for a bleſſing on an enterprize, and may be inſtanced in actions of Devotion as well as of Charity.*

*A Prayer before a Journey.*

O Almighty God who filleſt all things with thy preſence, and art a God afar off as well as near at hand; thou didſt ſend thy Angel to bleſs *Jacob* in his journey, and didſt lead the children of *Iſrael* through the red Sea, making it a wall on the right hand and on the left: be pleaſed to let thy Angel go out before me and guide me in my journey, preſerving me from dangers of robbers, from violence of enemies, and ſudden and ſad accidents, from falls and errours. And proſper my journey to thy glory, and to all my innocent purpoſes: and preſerve me from all ſin, that I may return in peace and holineſs, with thy favour and thy bleſſing, and may ſerve thee in thankfulneſs and obedience all the days of my pilgrimage; and at laſt bring me to thy country, to the celeſtial *Jeruſalem*, there to dwell in thy houſe, and to ſing praiſes to thee for ever. *Amen.*

*Ad*

*Ad* Sect. 4.] *A Prayer to be ſaid before the hearing or reading the Word of God.*

O Holy and Eternal *Jeſus*, who haſt begotten us by thy Word, renewed us by thy Spirit, fed us by thy Sacraments and by the daily miniſtery of thy Word, ſtill go on to build us up to life eternal. Let thy moſt holy Spirit be preſent with me and reſt upon me in the reading [or hearing] thy ſacred Word; that I may do it humbly, reverently, without prejudice, with a mind ready and deſirous to learn and to obey; that I may be readily furniſhed and inſtructed to every good work, and may practiſe all thy holy laws and commandments, to the glory of thy holy name, O holy and eternal *Jeſus*. *Amen.*

*Ad* Sect. 5, 9, 10.] *A form of confeſſion of ſins and repentance to be uſed upon Faſting-days, or days of Humiliation; eſpecially in Lent, and before the Holy Sacrament.*

*Have mercy upon me, O God, after thy great goodneſs: according to the multitude of thy mercies do away mine offences. For I will confeſs my wickedneſs, and be ſorry for my ſin.*

* O my deareſt Lord, I am not worthy to be accounted amongſt the meaneſt of thy ſervants; not worthy to be ſuſtained by the leaſt fragments of thy mercy, but to be ſhut out of thy preſence for ever with dogs and unbelievers. *But for thy Name's ſake, O Lord, be merciful unto my ſin, for it is great.*

I am the vileſt of ſinners, and the worſt of men; proud and vain-glorious, impatient of ſcorn or of juſt reproof; not enduring to be ſlighted, and yet extremely deſerving it: I have been conſumed by the colours of humility, and when I have truly called my ſelf vicious, I could not endure any man elſe ſhould ſay ſo or think ſo. I have been diſobedient to my ſuperiours, churliſh and ungentle in my behaviour, unchriſtian and unmanly. *But for thy Name's ſake, O Lord, be merciful unto my ſin, for it is great.*

O juſt and dear God, how can I expect pity or par-

don,

don, who am ſo angry and peeviſh with and without cauſe, envious at good, rejoycing at the evil of my neighbours, negligent of my charge, idle and uſeleſs, timorous and baſe, jealous and impudent, ambitious and hard-hearted, ſoft, unmortified and effeminate in my life, indevout in my prayers, without fancy or affection, without attendance to them or perſeverance in them; but paſſionate and curious in pleaſing my appetite of meat and drink and pleaſures, making matter both for ſin and ſickneſs: and I have reaped the curſed fruits of ſuch improvidence, entertaining undecent and impure thoughts; and I have brought them forth in undecent and impure actions, and the ſpirit of uncleanneſs hath entred in, and unhallowed the temple which thou didſt conſecrate for the habitation of thy Spirit of love and holineſs. *But for thy Name's ſake, O Lord, be merciful unto my ſin, for it is great.*

Thou haſt given me a whole life to ſerve thee in, and to advance my hopes of Heaven: and this precious time I have thrown away upon my ſins and vanities, being improvident of my time and of my talent, and of my grace and my own advantages, reſiſting thy Spirit and quenching him. I have been a great lover of my ſelf, and yet uſed many ways to deſtroy my ſelf. I have purſued my temporal ends with greedineſs and indirect means. I am revengeful and unthankful, forgetting benefits, but not ſo ſoon forgetting injuries, curious and murmuring, a great breaker of promiſes. I have not loved my neighbour's good, nor advanced it in all things where I could. I have been unlike thee in all things. I am unmerciful and unjuſt; a ſottiſh admirer of things below, and careleſs of heaven and the ways that lead thither.

*But for thy Name's ſake, O Lord, be merciful unto my ſin, for it is great.*

All my ſenſes have been windows to let ſin in, and death by ſin. Mine eyes have been adulterous and covetous; mine ears open to ſlander and detraction; my tongue and palate looſe and wanton, intemperate, and of foul language, talkative and lying, raſh and malicious,

cious, false and flattering, irreligious and irreverent, detracting and censorious; my hands have been injurious and unclean, my passions violent and rebellious, my desires impatient and unreasonable, all my members and all my faculties have been servants of sin; and my very best actions have more matter of pity then of confidence, being imperfect in my best, and intolerable in most. *But for thy Name's sake, O Lord, be merciful unto my sin, for it is great.*

Unto this and a far bigger heap of sin I have added also the faults of others to my own score, by neglecting to hinder them to sin in all that I could and ought: but I also have encouraged them in sin, have taken off their fears, and hardned their consciences, and tempted them directly, and prevailed in it to my own ruine and theirs, unless thy glorious and unspeakable mercy hath prevented so intolerable a calamity.

Lord, I have abused thy mercy, despised thy judgments, turned thy grace into wantonness. I have been unthankful for thy infinite loving kindness, I have sinned and repented, and then sinned again, and resolved against it, and presently broke it; and then I tied my self up with vows, and then was tempted, and then I yielded by little and little, till I was willingly lost again, and my vows fell off like cords of vanity.

*Miserable man that I am! who shall deliver me from this body of sin?*

And yet, O Lord, I have another heap of sins to be unloaded. My secret sins, O Lord, are innumerable; sins I noted not, sins that I willingly neglected, sins that I acted upon wilful ignorance and voluntary mispersuasion, sins that I have forgot, and sins which a diligent and a watchful spirit might have prevented, but I would not. Lord, I am confounded with the multitude of them, and the horror of their remembrance, though I consider them nakedly in their direct appearance, without the deformity of their unhandsome and aggravating circumstances: but so dressed they are a sight too ugly, an instance of amazement, infinite in degrees, and insufferable in their load.

And yet thou hast spared me all this while, and hast not

not thrown me into Hell, where I have deserved to have been long since, and even now to have been shut up to an eternity of torments with insupportable amazement, fearing the revelation of thy Day.

*Miserable man that I am! who shall deliver me from this body of sin?*

*Thou shalt answer for me, O Lord my God. Thou that prayest for me, shalt be my Judge.*

*The Prayer.*

THou hast prepared for me a more healthful sorrow: O deny not thy servant when he begs sorrow of thee. Give me a deep contrition for my sins, a hearty detestation and loathing of them, hating them worse then death with torments. Give me grace intirely, presently, and for ever to forsake them; to walk with care and prudence, with fear and watchfulness all my days; to do all my duty with diligence and charity, with zeal and a never-fainting spirit; to redeem the time, to trust upon thy mercies, to make use of all the instruments of grace, to work out my salvation with fear and trembling: that thou mayest have the glory of pardoning all my sins, and I may reap the fruit of all thy mercies and all thy graces, of thy patience and long-suffering, even to live a holy life here, and to reign with thee for ever, through *Jesus* Christ our Lord. *Amen.*

*Ad* Sect. 6.] *Special devotions to be used upon the Lord's-day, and the great Festivals of Christians.*

*In the Morning recite the following form of Thanksgiving; upon the special Festivals adding the commemoration of the special blessings according to the following Prayers: adding such Prayers as you shall chuse out of the foregoing Devotions.*

2. *Besides the ordinary and publick duties of the day, if you retire into your closet to read and meditate, after you have performed that duty, say the Song of Saint* Ambrose *commonly called the* [Te Deum] *or* [We praise thee, *&c.*] *then add the Prayers for particular graces which are at the end of the former Chapters, such and as*

*many of them as shall fit your present needs and affections; ending with the Lord's Prayer. This form of devotion may, for variety, be indifferently used at other times.*

*A form of Thanksgiving, with a recital of publick and private blessings; to be used upon Easter-day, Whitsunday, Ascension-day, and all Sundays of the year: but the middle part of it may be reserved for the more solemn Festivals, and the other used upon the ordinary; as every man's affections or leisure shall determine.*

[I.] *Ex Liturgia S. Basilii magna ex parte.*

O Eternal Essence, Lord God, Father Almighty, maker of all things in Heaven and Earth; it is a good thing to give thanks to thee, O Lord, and to pay to thee all reverence, worship and devotion from a clean and prepared heart; and with an humble spirit to present a living and reasonable sacrifice to thy Holiness and Majesty: for thou hast given unto us the knowledge of thy truth; and who is able to declare thy greatness, and to re-count all thy marvellous works which thou hast done in all the generations of the world?

O Great Lord and Governour of all things, Lord and Creator of all things visible and invisible, who sittest upon the throne of thy Glory, and beholdest the secrets of the lowest abyss and darkness; thou art without beginning, uncircumscribed, incomprehensible, unalterable, and seated for ever unmoveable in thy own essential happiness and tranquillity: Thou art the Father of our Lord *Jesus* Christ, who is,

Our Dearest and most Gracious Saviour, our hope, the Wisdom of the Father, the image of thy Goodness, the Word eternal, and the brightness of thy person, the power of God from eternal ages, the true light that lighteneth every man that cometh into the World, the Redemption of Man, and the Sanctification of our Spirits.

By

By whom the Holy Ghost descended upon the Church; the holy Spirit of truth, the seal of adoption, the earnest of the inheritance of the Saints, the first-fruits of everlasting felicity, the life-giving power, the fountain of sanctification, the comfort of the Church, the ease of the afflicted, the support of the weak, the wealth of the poor, the teacher of the doubtful, scrupulous and ignorant, the anchor of the fearful, the infinite reward of all faithful souls, by whom all reasonable and understanding creatures serve thee, and send up a never-ceasing and a never-rejected sacrifice of prayer and praises and adoration.

All Angels and Archangels, all Thrones and Dominions, all Principalities and Powers, the Cherubims with many eyes, and the Seraphims covered with wings from the terrour and amazement of thy brightest glory; these and all the powers of Heaven do perpetually sing praises and never-ceasing Hymns and eternal Anthems to the glory of the Eternal God, the Almighty Father of Men and Angels.

Holy is our God: Holy is the Almighty: Holy is the Immortal: Holy, Holy, Holy, Lord God of Sabaoth, Heaven and Earth are full of the Majesty of thy glory. *Amen.* * With these holy and blessed Spirits I also thy servant, O thou great lover of Souls, though I be unworthy to offer praise to such a Majesty, yet out of my bounden duty humbly offer up my heart and voice to joyn in this blessed quire, and confess the glories of the Lord. * For thou art holy, and of thy greatness there is no end; and in thy justice and goodness thou hast measured out to us all thy works.

Thou madest Man out of the earth, and didst form him after thine own image: thou didst place him in a garden of pleasure, and gavest him laws of righteousness to be to him a seed of immortality.

*O that men would therefore praise the Lord for his goodness, and declare the wonders that he hath done for the children of men.*

For when Man sinned, and listned to the whispers of

a tempting ſpirit, and refuſed to hear the voice of God, thou didſt throw him out from Paradiſe, and ſenteſt him to till the Earth; but yet leſteſt not his condition without remedy, but didſt provide for him the ſalvation of a new birth, and by the bloud of thy Son didſt redeem and pay the price to thine own Juſtice for thine own creature, leſt the work of thine own hands ſhould periſh.

*O that men would therefore praiſe the Lord*, &c.

For thou, O Lord, in every age didſt ſend teſtimonies from Heaven, bleſſings and prophets, and fruitful ſeaſons, and preachers of righteouſneſs, and Miracles of power and mercy: thou ſpakeſt by thy prophets, and ſaidſt, *I will help by one that is mighty*; and in the fulneſs of time ſpakeſt to us by thy Son, by whom thou didſt make both the Worlds, who by the word of his power ſuſtains all things in Heaven and Earth, who thought it no robbery to be equal to the Father, who being before all time was pleaſed to be born in time, to converſe with men, to be incarnate of a holy Virgin: he emptied himſelf of all his glories, took on him the form of a ſervant, in all things being made like unto us, in a Soul of paſſions and diſcourſe, in a Body of humility and ſorrow, but in all things innocent, and in all things afflicted; and ſuffered death for us, that we by him might live, and be partakers of his nature and his glories, of his body and of his Spirit, of the bleſſings of Earth, and of immortal felicities in Heaven.

*O that men would therefore praiſe the Lord*, &c.

For thou, O holy and immortal God, O ſweeteſt Saviour *Jeſus*, wert made under the Law to condemn ſin in the fleſh; thou who kneweſt no ſin wert made ſin for us: thou gaveſt to us righteous Commandments, and madeſt known to us all thy Father's will: thou didſt redeem us from our vain converſation, and from the vanity of Idols, falſe principles and fooliſh confidences, and broughteſt us to the knowledge of the true and only God and our Father, and haſt made us to thy ſelf a peculiar people, of thy own purchace, a royal Prieſthood, a holy Nation: thou haſt waſhed

our

our Souls in the Laver of Regeneration, the Sacrament of Baptiſm: thou haſt reconciled us by thy Death, juſtified us by thy Reſurrection, ſanctified us by thy Spirit, [ſending him upon thy Church in viſible forms, and giving him in powers and miracles and mighty ſigns, and continuing this incomparable favour in gifts and ſanctifying graces, and promiſing that he ſhall abide with us for ever:] thou haſt fed us with thine own broken Body, and given drink to our Souls out of thine own heart, and haſt aſcended up on high, and haſt overcome all the powers of Death and Hell, and redeemed us from the miſeries of a ſad eternity; and ſitteſt at the right hand of God, making interceſſion for us with a never-ceaſing charity.

*O that men would therefore praiſe the Lord*, &c.

The Grave could not hold thee long, O holy and eternal *Jeſus*; thy Body could not ſee corruption, neither could thy Soul be left in Hell: thou wert free among the dead, and thou brakeſt the iron gates of Death, and the bars and chains of the lower priſons. Thou broughteſt comfort to the Souls of the Patriarchs, who waited for thy coming, who long'd for the redemption of Man, and the revelation of thy Day. *Abraham*, *Iſaac* and *Jacob* ſaw thy day, and rejoyced: and when thou didſt ariſe from thy bed of darkneſs, and lefteſt the grave-cloaths behind thee, and didſt put on a robe of glory, (over which for 40 days thou didſt wear a veil) and then entredſt into a cloud, and then into glory, then the powers of Hell were confounded, then Death loſt its power, and was ſwallowed up into victory; and though Death is not quite deſtroyed, yet it is made harmleſs and without a ſting, and the condition of Humane Nature is made an entrance to eternal glory: thou art become the Prince of Life, the firſt-fruits of the Reſurrection, the firſt-born from the dead, having made the way plain before our faces, that we may alſo ariſe again in the Reſurrection of the laſt day, when thou ſhalt come again unto us to render to every man according to his works.

*O that men would therefore praise the Lord, &c.*

*O give thanks unto the Lord, for he is gracious, and his mercy endureth for ever.*

*O all ye Angels of the Lord, praise ye the Lord: praise him and magnifie him for ever.*

*O ye spirits and souls of the Righteous, praise ye the Lord: praise him and magnifie him for ever.*

And now, O Lord God, what shall I render to thy Divine Majesty for all the benefits thou hast done unto thy servant in my personal capacity?

Thou art my Creator and my Father, my Protector and my Guardian, thou hast brought me from my Mother's womb, thou hast told all my joynts, and in thy book were all my members written: Thou hast given me a comely body, Christian and careful Parents, holy education: Thou hast been my guide and my teacher all my days: Thou hast given me ready faculties, an unlooſed tongue, a chearful spirit, straight lims, a good reputation, and liberty of person, a quiet life, and a tender conscience, [*a loving wife or husband, and hopeful children.*] Thou wert my hope from my youth, through thee have I been holden up ever since I was born. Thou hast cloathed me and fed me, given me friends and blessed them, given me many days of comfort and health, free from those sad infirmities with which many of thy Saints and dearest servants are afflicted. Thou hast sent thy Angel to snatch me from the violence of fire and water, to prevent precipices, fracture of bones, to rescue me from thunder and lightning, plague and pestilential diseases, murther and robbery, violence of chance and enemies, and all the spirits of darkness: and in the days of sorrow thou hast refreshed me; in the destitution of provisions thou hast taken care of me, and thou hast said unto me, *I will never leave thee nor forsake thee.*

*I will give thanks unto the Lord with my whole heart, secretly among the faithful and in the congregation.*

Thou, O my dearest Lord and Father, hast taken care of my Soul, hast pitied my miseries, sustained my in-

infirmities, relieved and inſtructed my ignorances: and though I have broken thy righteous Laws and Commandments, run paſſionately after vanities, and was in love with Death, and was dead in ſin, and was expoſed to thouſands of temptations, and fell foully, and continued in it, and lov'd to have it ſo, and hated to be reformed; yet thou didſt call me with the checks of conſcience, with daily Sermons and precepts of holineſs, with fear and ſhame, with benefits and the admonitions of thy moſt holy ſpirit, by the counſel of my friends, by the example of good perſons, with holy books and thouſands of excellent arts, and wouldſt not ſuffer me to periſh in my folly, but didſt force me to attend to thy gracious calling, and haſt put me into a ſtate of repentance, and poſſibilities of pardon, being infinitely deſirous I ſhould live, and recover, and make uſe of thy grace, and partake of thy glories.

*I will give thanks unto the Lord with my whole heart, ſecretly among the faithful and in the congregation.* * *For ſalvation belongeth unto the Lord, and thy bleſſing is upon thy ſervant. But as for me, I will come into thy houſe in the multitude of thy mercies, and in thy fear will I worſhip toward thy holy temple.* * *For of thee, and in thee, and through and for thee are all things. Bleſſed be the name of God from generation to generation.* Amen.

*A ſhort form of Thankſgiving to be ſaid upon any ſpecial deliverance, as from Child-birth, from Sickneſs, from Battel, or imminent danger at Sea or Land,* &c.

O Moſt merciful and gracious God, thou fountain of all mercy and bleſſing, thou haſt opened the hand of thy mercy to fill me with bleſſings, and the ſweet effects of thy loving kindneſs: thou feedeſt us like a ſhepherd, thou governeſt us as a King, thou beareſt us in thy arms like a Nurſe, thou doſt cover us under the ſhadow of thy wings and ſhelter us like a hen; thou (O deareſt Lord) wakeſt for us as a Watchman,

thou provideſt for us like a Husband, thou loveſt us as a friend, and thinkeſt on us perpetually, as a careful mother on her helpleſs babe, and art exceeding merciful to all that fear thee. And now, O Lord, thou haſt added this great bleſſing of deliverance from my late danger, [*here name the bleſſing;*] it was thy hand and the help of thy mercy that relieved me; the waters of affliction had drowned me, and the ſtream had gone over my Soul, if the Spirit of the Lord had not moved upon theſe waters. Thou, O Lord, didſt revoke thy angry ſentence, which I had deſerved, and which was gone out againſt me. Unto thee, O Lord, I aſcribe the praiſe and honour of my Redemption. I will be glad and rejoyce in thy mercy, for thou haſt conſidered my trouble, and haſt known my Soul in adverſity. As thou haſt ſpred thy hand upon me for a covering, ſo alſo enlarge my heart with thankfulneſs, and fill my mouth with praiſes, that my duty and returns to thee may be great as my needs of mercy are; and let thy gracious favours and loving kindneſs endure for and ever upon thy ſervant; and grant that what thou haſt ſown in mercy, may ſpring up in duty; and let thy grace ſo ſtrengthen my purpoſes, that I may ſin no more, leſt thy threatning return upon me in anger, and thy anger break me into pieces: but let me walk in the light of thy favour, and in the paths of thy Commandments; that I living here to the glory of thy Name, may at laſt enter into the glory of my Lord, to ſpend a whole eternity in giving praiſe to thy exalted and ever-glorious Name. *Amen.*

* We praiſe thee, O God, we knowledge thee to be the Lord. * All the Earth doth worſhip thee the Father Everlaſting. * To thee all Angels cry aloud, the Heavens and all the powers therein: * To thee Cherubim and Seraphim continually do cry, * Holy, Holy, Holy, Lord God of Sabaoth; * Heaven and Earth are full of the Majeſty of thy glory. * The glorious company of the Apoſtles praiſe thee. * The goodly fellowſhip of the Prophets praiſe thee. * The noble Army of Martyrs praiſe thee. * The holy

Church

Church throughout all the world doth knowledge thee, * The Father of an infinite Majeſty; * Thine honourable, true and only Son; * Alſo the Holy Ghoſt the Comforter. * Thou art the King of glory, O Chriſt: * Thou art the everlaſting Son of the Father. * When thou tookeſt upon thee to deliver Man, thou didſt not abhor the Virgin's Womb. * When thou hadſt overcome the ſharpneſs of death, thou didſt open the Kingdom of Heaven to all Believers. * Thou ſitteſt at the right hand of God in the glory of the Father. * We believe that thou ſhalt come to be our Judge. * We therefore pray thee help thy ſervants whom thou haſt redeemed with thy precious bloud. * Make them to be numbred with thy Saints in glory everlaſting. * O Lord, ſave thy People, and bleſs thine heritage. * Govern them and lift them up for ever. * Day by day we magnify thee, and we worſhip thy Name ever world without end. * Vouchſafe, O Lord, to keep us this day without ſin. * O Lord, have mercy upon us, have mercy upon us. * O Lord, let thy mercy lighten upon us, as our truſt is in thee. * O Lord, in thee have I truſted; let me never be confounded. *Amen.*

*A Prayer of Thankſgiving after the receiving of ſome great bleſſing, as the birth of an Heir, the ſucceſs of an honeſt deſign, a victory, a good harveſt,* &c.

O Lord God, Father of mercies, the Fountain of comfort and bleſſing, of life and peace, of plenty and pardon, who filleſt Heaven with thy glory, and Earth with thy goodneſs; I give thee the moſt earneſt, moſt humble, and moſt enlarged returns of my glad and thankful heart, for thou haſt refreſhed me with thy comforts, and enlarged me with thy bleſſing; thou haſt made my fleſh and my bones to rejoyce: for beſides the bleſſings of all Mankind, the bleſſings of nature and the bleſſings of grace, the ſupport of every minute, and the comforts of every day, thou haſt opened thy boſom, and at this time haſt poured out an excellent expreſſion of thy loving kindneſs, [*here name the bleſſing.*]

*bleſſing.*] What am I, O Lord, and what is my Father's houſe, what is the life and what are the capacities of thy ſervant, that thou ſhouldſt do this unto me; * that the great God of Men and Angels ſhould make a ſpecial decree in Heaven for me, and ſend out an Angel of bleſſing, and in ſtead of condemning and ruining me, as I miſerably have deſerved, to diſtinguiſh me from many my equals and my betters, by this and many other ſpecial acts of grace and favour?

*Praiſed be the Lord daily*, even the Lord that helpeth us, and poureth his benefits upon us. He is our God, even the God of whom cometh ſalvation: God is the Lord by whom we eſcape death. Thou haſt brought me to great honour, and comforted me on every ſide.

Thou, Lord, haſt made me glad through thy works: I will rejoyce in giving praiſe for the operation of thy hands.

O give thanks unto the Lord, and call upon his Name: tell the People what things he hath done.

As for me, I will give great thanks unto the Lord, and praiſe him among the multitude.

Bleſſed be the Lord God, even the Lord God of *Iſrael*, which only doth wondrous and gracious things.

And bleſſed be the Name of his Majeſty for ever: and all the Earth ſhall be filled with his Majeſty. *Amen. Amen.*

Glory be to the Father, *&c.*
As it was in the beginning, *&c.*

*A Prayer to be ſaid on the Feaſt of Chriſtmas, or the Birth of our bleſſed Saviour* Jeſus: *the ſame alſo may be ſaid upon the Feaſt of the Annunciation and Purification of the bleſſed Virgin Mary.*

O Holy and Almighty God, Father of mercies, Father of our Lord Jeſus Chriſt, the Son of thy love and eternal mercies, I adore and praiſe and glorify thy infinite and unſpeakable love and wiſdom, who haſt ſent thy Son from the boſom of felicities to take

take upon him our nature and our misery and our guilt, and hast made the Son of God to become the Son of Man, that we might become the Sons of God, and partakers of the Divine nature: since thou hast so exalted humane nature, be pleased also to sanctify my person, that by a conformity to the humility and laws and sufferings of my dearest Saviour I may be united to his Spirit, and be made all one with the most Holy *Jesus*. *Amen.*

O Holy and eternal *Jesus*, who didst pity Mankind lying in his bloud and sin and misery, and didst chuse our sadnesses and sorrows, that thou mightest make us to partake of thy felicities; let thine eyes pity me, thy hands support me, thy holy feet tread down all the difficulties in my way to Heaven: let me dwell in thy heart, be instructed with thy wisdom, moved by thy affections, chuse with thy will, and be cloathed with thy righteousness; that in the day of Judgment I may be found having on thy garments, sealed with thy impression; and that bearing upon every faculty and member the character of my elder Brother, I may not be cast out with strangers and unbelievers. *Amen.*

O Holy and ever-blessed Spirit, who didst overshadow the holy Virgin-Mother of our Lord, and causedst her to conceive by a miraculous and mysterious manner; be pleased to over-shadow my Soul, and enlighten my spirit, that I may conceive the holy *Jesus* in my heart, and may bear him in my mind, and may grow up to the fulness of the stature of Christ, to be a perfect man in Christ *Jesus*. *Amen.*

*To God the Father of our Lord Jesus Christ,* * *To the eternal Son that was incarnate and born of a Virgin,* * *To the Spirit of the Father and the Son, be all honour and glory, worship and adoration, now and for ever.* Amen.

*The same Form of Prayer may be used upon our own Birth-day, or day of our Baptism; adding the following Prayer.*

*A Prayer*

*A Prayer to be ſaid upon our Birth-day, or day of Baptiſm.*

O Bleſſed and eternal God, I give thee praiſe and glory for thy great mercy to me in cauſing me to be born of Chriſtian parents, and didſt not allot to me a portion with Misbelievers and Heathen that have not known thee. Thou didſt not ſuffer me to be ſtrangled at the gate of the womb, but thy hand ſuſtained and brought me to the light of the world, and the illumination of Baptiſm, with thy grace preventing my Election, and by an artificial neceſſity and holy prevention engaging me to the profeſſion and practices of Chriſtianity. Lord, ſince that, I have broken the promiſes made in my behalf, and which I confirmed by my after-act; I went back from them by an evil life: and yet thou haſt ſtill continued to me life and time of repentance; and didſt not cut me off in the beginning of my days, and the progreſs of my ſins. O Deareſt God, pardon the errours and ignorances, the vices and vanities of my youth, and the faults of my more forward years, and let me never more ſtain the whiteneſs of my Baptiſmal robe: and now that by thy grace I ſtill perſiſt in the purpoſes of obedience, and do give up my name to Chriſt, and glory to be a Diſciple of thy inſtitution, and a ſervant of *Jeſus*, let me never fail of thy grace; let no root of bitterneſs ſpring up, and diſorder my purpoſes, and defile my ſpirit. O let my years be ſo many degrees of nearer approach to thee: and forſake me not, O God, in my old age when I am gray-headed; and when my ſtrength faileth me, be thou my ſtrength and my guide unto death; that I may reckon my years, and apply my heart unto wiſdom; and at laſt, after the ſpending a holy and a bleſſed life, I may be brought unto a glorious eternity, through *Jeſus* Chriſt our Lord. *Amen.*

*Then adde the form of Thankſgiving formerly deſcribed.*

*A Prayer*

*A Prayer to be ſaid upon the days of the memory of Apoſtles, Martyrs, &c.*

O Eternal God, to whom do live the ſpirits of them that depart hence in the Lord, and in whom the Souls of them that be elected, after they be delivered from the burthen of the fleſh, be in peace and reſt from their labours, and their works follow them, and their memory is bleſſed; I bleſs and magnify thy holy and ever-glorious Name, for the great grace and bleſſing manifeſted to thy Apoſtles and Martyrs, and other holy perſons, who have glorified thy Name in the days of their fleſh, and have ſerved the intereſt of Religion and of thy ſervice: and this day we have thy ſervant [*name the Apoſtle or Martyr*, &c.] in remembrance, whom thou haſt led through the troubles and temptations of this World, and now haſt lodged in the boſome of a certain hope and great beatitude until the day of reſtitution of all things. Bleſſed be the mercy and eternal goodneſs of God; and the memory of all thy Saints is bleſſed. Teach me to practiſe their doctrine, to imitate their lives, following their example, and being united as a part of the ſame myſtical body by the band of the ſame faith, and a holy hope, and a never-ceaſing charity. And may it pleaſe thee of thy gracious goodneſs ſhortly to accompliſh the number of thine elect, and to haſten thy kingdom, that we with thy ſervant [*] and all others departed in the true faith and fear of thy holy Name, may have our perfect conſummation and bliſs in body and Soul in thy eternal and everlaſting Kingdom. *Amen.*

*A Form of Prayer recording all the parts and myſteries of Chriſt's Paſſion, being a ſhort hiſtory of it: to be uſed eſpecially in the week of the Paſſion, and before the receiving the bleſſed Sacrament.*

ALL praiſe, honour and glory be to the holy and eternal *Jeſus*. I adore thee, O bleſſed Redeemer, eternal

eternal God, the light of the *Gentiles*, and the glory of *Israel*; for thou hast done and suffered for me more then I could wish, more then I could think of, even all that a lost and a miserable perishing sinner could possibly need.

Thou wert afflicted with thirst and hunger, with heat and cold, with labours and sorrows, with hard journeys and restless nights; and when thou wert contriving all the mysterious and admirable ways of paying our scores, thou didst suffer thy self to be designed to slaughter by those for whom in love thou wert ready to die.

*What is Man that thou art mindful of him, and the Son of man that thou thus visitest him?*

Blessed be thy Name, O holy *Jesus*; for thou wentest about doing good, working miracles of mercy, healing the sick, comforting the distressed, instructing the ignorant, raising the dead, inlightning the blind, strengthening the lame, straightening the crooked, relieving the poor, preaching the Gospel, and reconciling sinners by the mightiness of thy power, by the wisdom of thy Spirit, by the Word of God, and the merits of thy Passion, thy healthful and bitter Passion.

*Lord, what is Man that thou art mindful of him, &c?*

Blessed be thy Name, O holy *Jesus*, who wert content to be conspired against by the *Jews*, to be sold by thy servant for a vile price, and to wash the feet of him that took money for thy life, and to give to him and to all thy Apostles thy most holy Body and Blood, to become a Sacrifice for their sins, even for their betraying and denying thee, and for all my sins, even for my crucifying thee afresh, and for such sins which I am ashamed to think, but that the greatness of my sins magnify the infiniteness of thy mercies, who didst so great things for so vile a person.

*Lord, what is Man, &c?*

Blessed be thy Name, O holy *Jesus*, who being to depart the world, didst comfort thy Apostles, pouring out into their ears and hearts treasures of admirable discourses; who didst recommend them to thy Father

with

with a mighty charity, and then didſt enter into the Garden ſet with nothing but Briars and ſorrows, where thou didſt ſuffer a moſt unſpeakable agony, until the ſweat ſtrain'd through thy pure skin like drops of bloud, and there didſt ſigh and groan, and fall flat upon the earth, and pray, and ſubmit to the intolerable burthen of thy Father's wrath, which I had deſerved, and thou ſufferedſt.

*Lord, what is Man,* &c?

Bleſſed be thy Name, O holy *Jeſus*, who haſt ſanctified to us all our natural infirmities and paſſions, by vouchſafing to be in fear and trembling and ſore amazement, by being bound and impriſoned, by being haraſſed and dragg'd with cords of violence and rude hands, by being drench'd in the brook in the way, by being ſought after like a thief, and us'd like a ſinner, who wert the moſt holy and the moſt innocent, cleaner then an Angel, and brighter then the Morning-Star.

*Lord, what is Man,* &c?

Bleſſed be thy Name, O holy *Jeſus*, and bleſſed be thy loving kindneſs and pity by which thou didſt neglect thy own ſorrows, and go to comfort the ſadneſs of thy Diſciples, quickening their dulneſs, incouraging their duty, arming their weakneſs with excellent precepts againſt the day of trial. Bleſſed be that humility and ſorrow of thine, who being Lord of the Angels, yet wouldeſt need and receive comfort from thy ſervant the Angel; who didſt offer thy ſelf to thy perſecutors, and madeſt them able to ſeize thee; and didſt receive the Traitor's kiſs, and ſufferedſt a veil to be thrown over thy holy face, that thy enemies might not preſently be confounded by ſo bright a luſter; and wouldſt do a miracle to cure a wound of one of thy ſpiteful enemies; and didſt reprove a zealous ſervant in behalf of a malicious adverſary; and then didſt go like a Lamb to the ſlaughter, without noiſe or violence or reſiſtance, when thou couldſt have commanded millions of Angels for thy guard and reſcue.

*Lord, what is Man,* &c?

Bleſſed be thy Name, O holy *Jeſus*, and bleſſed be that

that holy ſorrow thou didſt ſuffer when thy Diſciples fled, and thou wert left alone in the hands of cruel men, who like evening Wolves thirſted for a draught of thy beſt bloud: and thou wert led to the houſe of *Annas*, and there asked enſnaring queſtions, and ſmitten on the face by him whoſe ear thou hadſt but lately healed; and from thence wert dragged to the houſe of *Caiaphas*, and there all night didſt endure ſpittings, affronts, ſcorn, contumelies, blows, and intolerable inſolencies; and all this for Man, who was thy enemy, and the cauſe of all thy ſorrows.

*Lord, what is Man,* &c?

Bleſſed be thy Name, O holy *Jeſus*, and bleſſed be thy mercy, who when thy ſervant *Peter* denied thee and forſook thee and forſwore thee, didſt look back upon him, and by that gracious and chiding look didſt call him back to himſelf and thee; who wert accuſed before the High-Prieſt, and railed upon, and examined to evil purpoſes, and with deſigns of bloud; who wert declared guilty of death, for ſpeaking a moſt neceſſary and moſt profitable truth; who wert ſent to *Pilate* and found innocent, and ſent to *Herod* and ſtill found innocent, and wert arrayed in white, both to declare thy innocence, and yet to deride thy perſon, and wert ſent back to *Pilate* and examined again, and yet nothing but innocence found in thee, and malice round about thee to devour thy life, which yet thou wert more deſirous to lay down for them then they were to take it from thee.

*Lord, what is Man,* &c?

Bleſſed be thy Name, O holy *Jeſus*, and bleſſed be that patience and charity by which for our ſakes thou wert content to be ſmitten with canes, and have that holy face, which Angels with joy and wonder do behold, be ſpit upon, and be deſpiſed, when compared with *Barabbas*, and ſcourg'd moſt rudely with unhallowed hands, till the pavement was purpled with that holy bloud, and condemned to a ſad and ſhameful, a publick and painful death, and arrayed in Scarlet, and crown'd with thorns, and ſtripp'd naked, and then cloathed

thed, and loaden with the Croſs, and tormented with a tablet ſtuck with nails at the fringes of thy garment, and bound hard with cords, and dragg'd moſt vilely and moſt piteouſly till the load was too great, and did ſink thy tender & virginal body to the earth; and yet didſt comfort the weeping women, and didſt more pity thy perſecutors then thy ſelf, and wert grieved for the miſeries of *Jeruſalem* to come forty years after, more then for thy preſent Paſſion.

*Lord, what is Man,* &c?

Bleſſed be thy Name, O holy *Jeſus*, and bleſſed be that incomparable ſweetneſs and holy ſorrow which thou ſufferedſt, when thy holy hands and feet were nailed upon the Croſs, and the Croſs being ſet in a hollowneſs of the earth did in the fall rend the wounds wider, and there naked and bleeding, ſick and faint, wounded and deſpiſed, didſt hang upon the weight of thy wounds three long hours, praying for thy perſecutors, ſatisfying thy Father's wrath, reconciling the penitent thief, providing for thy holy and afflicted mother, taſting vinegar and gall; and when the fulneſs of thy ſuffering was accompliſhed, didſt give thy Soul into the hands of God, and didſt deſcend to the regions of longing Souls, who waited for the revelation of this thy day in their priſons of hope: and then thy body was tranſfixed with a ſpear, and iſſued forth two Sacraments, Water and Bloud; and thy body was compos'd to Burial, and dwelt in darkneſs three days and three nights.

*Lord, what is Man, that thou art mindful of him; and the Son of Man, that thou thus viſiteſt him?*

*The Prayer.*

THus, O bleſſed *Jeſu*, thou didſt finiſh thy holy Paſſion with pain and anguiſh ſo great that nothing could be greater then it, except thy ſelf and thy own infinite mercy; and all this for Man, even for me, then whom nothing could be more miſerable, thy ſelf only excepted, who becameſt ſo by undertaking our guilt

and our puniſhment. And now, Lord, who haſt done ſo much for me, be pleaſed only to make it effectual to me, that it may not be uſeleſs and loſt as to my particular, leſt I become eternally miſerable, and loſt to all hopes and poſſibilities of comfort. All this deſerves more love then I have to give: but, Lord, do thou turn me all into love, and all my love into obedience, and let my obedience be without interruption; and then I hope thou wilt accept ſuch a return as I can make. Make me to be ſomething that thou delighteſt in, and thou ſhalt have all that I am or have from thee, even whatſoever thou makeſt fit for thy ſelf. Teach me to live wholly for my Saviour *Jeſus*, and to be ready to die for *Jeſus*, and to be conformable to his life and ſufferings, and to be united to him by inſeparable unions, and to own no paſſions but what may be ſervants to *Jeſus*, and Diſciples of his inſtitution. O ſweeteſt Saviour, cloath my Soul with thy holy robe; hide my ſins in thy wounds, and bury them in thy grave; and let me riſe in the life of grace, and abide and grow in it, till I arrive at the Kingdom of glory. *Amen.*

*Our Father*, &c.

Ad Sect. 7, 8. *A form of Prayer or Interceſſion for all eſtates of people in the Chriſtian Church. The parts of which may be added to any other forms: and the whole office intirely as it lies is proper to be ſaid in our preparation to the holy Sacrament, or on the day of celebration.*

1. *For our ſelves.*

O Thou gracious Father of mercy, Father of our Lord *Jeſus* Chriſt, have mercy upon thy ſervants who bow our heads, and our knees, and our hearts to thee: pardon and forgive us all our ſins: give us the grace of holy Repentance, and a ſtrict obedience to thy holy Word: ſtrengthen us in the inner man with the power of the holy Ghoſt for all the parts and duties of our calling and holy living: preſerve us for ever

ever in the unity of the holy Catholick Church, and in the integrity of the Christian faith, and in the love of God and of our neighbours, and in hope of life Eternal. *Amen.*

2. *For the whole Catholick Church.*

O holy *Jesus*, King of the Saints, and Prince of the Catholick Church, preserve thy Spouse whom thou hast purchased with thy right hand, and redeemed and cleansed with thy bloud; the whole Catholick Church from one end of the Earth to the other: she is founded upon a rock, but planted in the sea. O preserve her safe from schism, heresie and sacrilege. Unite all her members with the bands of Faith, Hope and Charity, and an external communion, when it shall seem good in thine eyes. Let the daily sacrifice of prayer and Sacramental thanksgiving never cease, but be for ever presented to thee, and for ever united to the intercession of her dearest Lord, and for ever prevail for the obtaining for every of its members grace and blessing, pardon and salvation. *Amen.*

3. *For all Christian Kings, Princes and Governours.*

O King of Kings, and Prince of all the Rulers of the Earth, give thy grace and Spirit to all Christian Princes, the spirit of wisdom and counsel, the spirit of government and godly fear. Grant unto them to live in peace and honour, that their people may love and fear them, and they may love and fear God. Speak good unto their hearts concerning the Church, that they may be nursing Fathers to it, Fathers to the Fatherless, Judges and avengers of the cause of Widows; that they may be compassionate to the wants of the poor, and the groans of the oppressed; that they may not vex or kill the Lord's people with unjust or ambitious wars, but may feed the flock of God, and may inquire after and do all things which may promote peace, publick honesty, and holy Religion;

ſo adminiſtring things preſent, that they may not fail of the everlaſting glories of the world to come, where all thy faithful people ſhall reign Kings for ever. *Amen.*

4. *For all the orders of them that miniſter about Holy things.*

O thou great Shepherd and Biſhop of our Souls, Holy and eternal *Jeſus*, give unto thy ſervants, the Miniſters of the Myſteries of Chriſtian Religion, the Spirit of prudence and ſanctity, faith and charity, confidence and zeal, diligence and watchfulneſs, that they may declare thy will unto the people faithfully, and diſpenſe thy Sacraments rightly, and intercede with thee graciouſly and acceptably for thy ſervants. Grant, O Lord, that by a holy life and a true belief, by well doing and patient ſuffering (when thou ſhalt call them to it) they may glorifie thee the great lover of Souls, and after a plentiful converſion of ſinners from the errour of their ways, they may ſhine like the ſtars in glory. *Amen.*

Give unto thy ſervants the Biſhops a diſcerning Spirit, that they may lay hands ſuddenly on no man, but may depute ſuch perſons to the Miniſteries of Religion who may adorn the Goſpel of God, and whoſe lips may preſerve knowledge, and ſuch who by their good Preaching and holy Living may advance the ſervice of the Lord *Jeſus*. *Amen.*

5. *For our neareſt Relatives, as Husband, Wife, Children, Family*, &c.

O God of infinite mercy, let thy loving mercy and compaſſion deſcend upon the head of thy ſervants, [*my wife, or husband, children and family:*] be pleaſed to give them health of body and of ſpirit, a competent portion of temporals, ſo as may with comfort ſupport them in their journey to Heaven; preſerve them from all evil and ſad accidents, defend them in all aſſaults of their enemies, direct their perſons and their actions,

ons, sanctifie their hearts and words and purposes; that we all may by the hands of obedience and charity be united to our Lord *Jesus*, and always feeling thee our merciful and gracious Father, may become a holy family, discharging our whole duty in all our relations; that we in this life being thy children by adoption and grace, may be admitted into thy holy family hereafter, for ever to sing praises to thee in the Church of the first-born, in the family of thy redeemed ones. *Amen.*

6. *For our Parents, our Kindred in the flesh, our Friends and Benefactors.*

O God merciful and gracious, who hast made [*my Parents,*] my Friends and my Benefactors ministers of thy mercy and instruments of Providence to thy servant, I humbly beg a blessing to descend upon the heads of [*name the persons, or the relations.*] Depute thy holy Angels to guard their persons, thy holy Spirit to guide their Souls, thy Providence to minister to their necessities: and let thy grace and mercy preserve them from the bitter pains of eternal death, and bring them to everlasting life through *Jesus* Christ. *Amen.*

7. *For all that lie under the rod of War, Famine, Pestilence: to be said in the time of Plague, or War,* &c.

O Lord God Almighty, thou art our Father, we are thy children; thou art our Redeemer, we thy people purchased with the price of thy most precious bloud: be pleased to moderate thy anger towards thy servants; let not thy whole displeasure arise, lest we be consumed and brought to nothing. Let health and peace be within our dwellings, let righteousness and holiness dwell for ever in our hearts, and be express'd in all our actions, and the light of thy countenance be upon us in all our sufferings, that we may delight in the service and in the mercies of God for ever. *Amen.*

O gracious Father and merciful God, if it be thy

will, ſay unto the deſtroying Angel, It is enough: and though we are not better then our brethren who are ſmitten with the rod of God, but much worſe, yet may it pleaſe thee, even becauſe thou art good, and becauſe we are timorous and ſinful, not yet fitted for our appearance, to ſet thy mark upon our foreheads, that thy Angel the Miniſter of thy Juſtice may paſs over us, and not hurt us. Let thy hand cover thy ſervants, and hide us *in the clefts of the rock*, in the wounds of the holy *Jeſus*, from the preſent anger that is gone out againſt us; that though we walk through the valley of the ſhadow of death, we may fear no evil, and ſuffer none: and thoſe whom thou haſt ſmitten with thy rod, ſupport with thy ſtaffe, and viſit them with thy mercies and ſalvation, through *Jeſus* Chriſt. *Amen.*

8. *For all Women with child, and for unborn Children.*

O Lord God, who art the Father of them that truſt in thee, and ſheweſt mercy to a thouſand generations of them that fear thee, have mercy upon all women great with child, [*] be pleaſed to give them a joyful and a ſafe deliverance: and let thy grace preſerve the fruit of their wombs, and conduct them to the holy Sacrament of Baptiſm; that they being regenerated by thy Spirit, and adopted into thy family, and the portion and duty of Sons, may live to the glory of God, to the comfort of their parents and friends, to the edification of the Chriſtian Commonwealth, and the ſalvation of their own Souls, through *Jeſus* Chriſt. *Amen.*

9. *For all eſtates of Men and Women in the Chriſtian Church.*

O Holy God, King Eternal, out of the infinite ſtore-houſes of thy grace and mercy give unto all Virgins chaſtity, and a religious ſpirit; to all perſons dedicated to thee and to Religion, continence and meekneſs,

neſs, an active zeal and an unwearied ſpirit; to all married pairs, faith and holineſs; to widows and fatherleſs, and all that are oppreſſed, thy patronage, comfort and defence; to all Chriſtian women, ſimplicity and modeſty, humility and chaſtity, patience and charity: give unto the poor, to all that are robbed and ſpoiled of their goods, a competent ſupport, and a contented ſpirit, and a treaſure in heaven hereafter: give unto priſoners and captives, to them that toil in the mines and row in the gallies, ſtrength of body and of ſpirit, liberty and redemption, comfort and reſtitution; to all that travel by land, thy Angel for their guide, and a holy and proſperous return; to all that travel by ſea, freedom from Pirats and ſhipwreck, and bring them to the Haven where they would be: to diſtreſſed and ſcrupulous conſciences, to melancholick and diſconſolate perſons, to all that are afflicted with evil and unclean ſpirits, give a light from Heaven, great grace and proportionable comforts, and timely deliverance; give them patience and reſignation; let their ſorrows be changed into grace and comfort, and let the ſtorm waft them certainly to the regions of reſt and glory.

Lord God of mercy, give to thy Martyrs, Confeſſors, and all thy perſecuted, conſtancy and prudence, boldneſs and hope, a full faith and a never-failing charity. To all who are condemned to death do thou miniſter comfort, a ſtrong, a quiet and a reſigned ſpirit: take from them the fear of death, and all remaining affections to ſin, and all imperfections of duty, and cauſe them to die full of grace, full of hope. And give to all faithful, and particularly to them who have recommended themſelves to the prayers of thy unworthy ſervant, a ſupply of all their needs temporal and ſpiritual, and according to their ſeveral ſtates and neceſſities, reſt and peace, pardon and refreſhment: and ſhew us all a mercy in the day of judgment. *Amen.*

Give, O Lord, to the Magiſtrates equity, ſincerity, courage and prudence, that they may protect the good, defend Religion, and puniſh the wrong-doers.

Give to the Nobility wiſdom, valour and loyalty; to Merchants, juſtice and faithfulneſs; to all Artificers and Labourers, truth and honeſty; to our enemies, forgiveneſs and brotherly kindneſs.

Preſerve to us the Heavens and the Air in healthful influence and diſpoſition, the Earth in plenty, the Kingdom in peace and good government, our marriages in peace and ſweetneſs and innocence of ſociety, thy people from famine and peſtilence, our houſes from burning and robbery, our perſons from being burnt alive; from baniſhment and priſon, from widowhood and deſtitution, from violence of pains and paſſion, from tempeſts and earthquakes, from inundation of waters, from rebellion or invaſion, from impatience and inordinate cares, from tediouſneſs of ſpirit and deſpair, from murther and all violent, accurſed and unuſual deaths, from the ſurpriſe of ſudden and violent accidents, from paſſionate and unreaſonable fears, from all thy wrath, and from all our ſins, good Lord, deliver and preſerve thy ſervants for ever. *Amen.*

Repreſs the violence of all implacable warring and tyrant Nations: bring home unto thy fold all that are gone aſtray: call into the Church all ſtrangers: increaſe the number and holineſs of thine own people: bring infants to ripeneſs of age and reaſon: confirm all baptized people with thy grace and with thy Spirit: inſtruct the novices and new Chriſtians: let a great grace and merciful providence bring youthful perſons ſafely and holily through the indiſcretions and paſſions and temptations of their younger years: and to thoſe whom thou haſt or ſhalt permit to live to the age of a man, give competent ſtrength and wiſdom; take from them covetouſneſs and churliſhneſs, pride and impatience; fill them full of devotion and charity, repentance and ſobriety, holy thoughts and longing deſires after Heaven and Heavenly things; give them a holy and a bleſſed death, and to us all a joyful reſurrection through *Jeſus* Chriſt our Lord. *Amen.*

*Ad* Sect. 10. *The manner of uſing theſe Devotions by way of preparation to the receiving the bleſſed Sacrament of the Lord's Supper.*

*The juſt preparation to this holy Feaſt conſiſting principally in a holy life, and conſequently in the repetition of the acts of all vertues, and eſpecially of Faith, Repentance, Charity and Thankſgiving; to the exerciſe of theſe four graces, let the perſon that intends to communicate, in the time ſet apart for his preparation and devotion, for the exerciſe of his Faith, recite the prayer or Litany of the Paſſion; for the exerciſe of Repentance, the form of confeſſion of ſins with the prayer annexed; and for the graces of Thankſgiving and Charity, let him uſe the ſpecial forms of prayer above deſcribed. Or if a leſs time can be allotted for preparatory devotion, the two firſt will be the more proper, as containing in them all the perſonal duty of the Communicant. To which upon the morning of that holy ſolemnity let him adde*

*A Prayer of preparation or addreſs to the holy Sacrament.*

*An Act of Love.*

O Moſt gracious and eternal God, the helper of the helpleſs, the comforter of the comfortleſs, the hope of the afflicted, the bread of the hungry, the drink of the thirſty, and the Saviour of all them that wait upon thee; I bleſs and glorify thy Name, and adore thy goodneſs, and delight in thy love, that thou haſt once more given me the opportunity of receiving the greateſt favour which I can receive in this World, even the body and bloud of my deareſt Saviour. O take from me all affection to ſin or vanity: let not my affections dwell below, but ſoar upwards to the element of love, to the ſeat of God, to the regions of Glory, and the inheritance of Jeſus; that

that I may hunger and thirſt for the bread of life, and the wine of eleſt Souls, and may know no loves but the love of God, and the moſt merciful *Jeſus*. *Amen.*

### *An Act of Deſire.*

O bleſſed *Jeſus*, thou haſt uſed many arts to ſave me, thou haſt given thy life to redeem me, thy holy Spirit to ſanctify me, thy ſelf for my Example, thy Word for my Rule, thy grace for my guide, the fruit of thy body hanging on the tree of the croſs for the ſin of my Soul; and after all this thou haſt ſent thy Apoſtles and Miniſters of ſalvation to call me, to importune me, to conſtrain me to holineſs and peace and felicity. O now come, Lord *Jeſus*, come quickly: my heart is deſirous of thy preſence, and thirſty of thy grace, and would fain entertain thee, not as a gueſt, but as an inhabitant, as the Lord of all my Faculties. Enter in and take poſſeſſion, and dwell with me for ever; that I alſo may dwell in the heart of my deareſt Lord, which was opened for me with a ſpear and love.

### *An Act of Contrition.*

Lord, thou ſhalt find my heart full of cares and worldly deſires, cheated with love of riches and neglect of holy things, proud and unmortified, falſe and crafty to deceive it ſelf, intricated and intangled with difficult caſes of conſcience, with knots which my own wildneſs and inconſideration and impatience have tied and ſhuffled together. O my deareſt Lord, if thou canſt behold ſuch an impure ſeat, behold the place to which thou art invited is full of paſſion and prejudice, evil principles and evil habits, peeviſh and diſobedient, luſtful and intemperate, and full of ſad remembrances that I have often provoked to jealouſie and to anger thee my God, my deareſt Saviour, him that died for me, him that ſuffered torments for me, that is infinitely good to *me*, and infinitely good and perfect *in himſelf*. This, O deareſt Saviour, is a ſad truth,

truth, and I am heartily aſhamed, and truly ſorrowful for it, and do deeply hate all my ſins, and am full of indignation againſt my ſelf for ſo unworthy, ſo careleſs, ſo continued, ſo great a folly: and humbly beg of thee to increaſe my ſorrow, and my care, and my hatred againſt ſin; and make my love to thee ſwell up to a great grace, and then to glory and immenſity.

*An Act of Faith.*

This indeed is my condition: But I know, O bleſſed *Jeſus*, that thou didſt take upon thee my nature, that thou mighteſt ſuffer for my ſins, and thou didſt ſuffer to deliver me from them and from thy Father's wrath: and I was delivered from this wrath that I might ſerve thee in holineſs and righteouſneſs all my days. Lord, I am as ſure thou didſt the great work of Redemption for me and all mankind, as that I am alive. This is my hope, the ſtrength of my ſpirit, my joy and my confidence: and do thou never let the ſpirit of unbelief enter into me, and take me from this Rock. Here I will dwell, for I have a delight therein: Here I will live, and here I deſire to die.

*The Petition.*

Therefore, O bleſſed *Jeſu*, who art my Saviour and my God, whoſe body is my food, and thy righteouſneſs is my robe, thou art the Prieſt and the Sacrifice, the maſter of the feaſt and the feaſt it ſelf, the Phyſician of my Soul, the light of mine eyes, the purifier of my ſtains: enter into my heart, and caſt out from thence all impurities, all the remains of *the Old man*; and grant I may partake of this holy Sacrament with much reverence, and holy reliſh, and great effect, receiving hence the communication of thy holy body and bloud, for the eſtabliſhment of an unreproveable Faith, of an unfeigned Love, for the fulneſs of wiſdom, for the healing my Soul, for the bleſſing and preſervation of my body, for the taking out the ſting of temporal death, and

for

for the aſſurance of a holy Reſurrection, for the ejection of all evil from within me, and the fulfilling all thy righteous Commandments, and to procure for me a mercy and a fair reception at the day of Judgment, through thy mercies, O holy and everbleſſed Saviour *Jeſus*. *Amen.*

*Here alſo may be added the Prayer after receiving the Cup.*

## Ejaculations to be ſaid before or at the receiving the holy Sacrament.

Pſal. 42. 1, 2. *Like as the Hart deſireth the water-brooks: ſo longeth my Soul after thee, O God. My Soul is athirſt for God, yea even for the living God: when ſhall I come before the preſence of God?*

Pſal. 40. 6. *O Lord my God, great are thy wondrous works which thou haſt done, like as be alſo thy thoughts which are to us-ward: and yet there is no man that ordereth them unto thee.*

Pſal. 43. 3, 4. *O ſend out thy light and thy truth, that they may lead me, and bring me unto thy holy hill and to thy dwelling; And that I may go unto the altar of God, even unto the God of my joy and gladneſs: and with my heart will I give thanks to thee, O God my God.*

Pſal. 26. 6, 7. *I will waſh my hands in innocency, O Lord; and ſo will I go to thine altar: that I may ſhew the voice of thanksgiving, and tell of all thy wondrous works.*

2, 3. *Examine me, O Lord, and prove me, try thou my reins and my heart. For thy loving-kindneſs is now and ever before my eyes: and I will walk in thy truth.*

Pſal. 23. 5, 6. *Thou ſhalt prepare a table before me againſt them that trouble me: thou haſt anointed my head with oyl, and my cup ſhall be full. But thy loving-kindneſs and mercy ſhall follow me all the days of my life, and I will dwell in the houſe of the Lord for ever.*

Joh. 6. 50, 54, 56. *This is the bread that cometh down from Heaven, that a man may eat thereof and not die. Whoſo eateth my fleſh and drinketh my bloud, dwelleth in me, and I in him, and hath eternal life abiding in him, and I will raiſe him up at the laſt day.*

Lord,

*Lord, whither ſhall we go but to thee? thou haſt the words of eternal life.* Joh.6.68.

*If any man thirſt, let him come unto me and drink.* Joh.7.37.

*The bread which we break, is it not the communication of the body of Chriſt? and the cup which we drink, is it not the communication of the bloud of Chriſt?* 1 Cor.10. 16.

*What are thoſe wounds in thy hands? They are thoſe with which I was wounded in the houſe of my friends.* Zech. 13. 6.

Immediately before the Receiving, ſay,

*Lord, I am not worthy that thou ſhouldſt enter under my roof. But do thou ſpeak the word only, and thy ſervant ſhall be healed.* Matt.8.8.

Lord, open thou my lips, and my mouth ſhall ſhew thy praiſe. O God, make ſpeed to ſave me: O Lord, make haſt to help me.

*Come, Lord Jeſus, come quickly.*

*After receiving the conſecrated and bleſſed Bread, ſay,*

O taſt and ſee how gracious the Lord is: bleſſed is the man that truſteth in him. * The beaſts do lack and ſuffer hunger; but they which ſeek the Lord ſhall want no manner of thing that is good. Lord, what am I, that my Saviour ſhould become my food, that the Son of God ſhould be the meat of Worms, of duſt and aſhes, of a ſinner, of him that was his enemy? But this thou haſt done to me, becauſe thou art infinitely good and wonderfully gracious, and loveſt to bleſs every one of us, in turning us from the evil of our ways. Enter into me, bleſſed *Jeſus*: let no root of bitterneſs ſpring up in my heart; but be thou Lord of all my faculties. O let me feed on thee by faith, and grow up by the increaſe of God to a perfect man in Chriſt *Jeſus*. *Amen.* Lord, I believe, help mine unbelief.

*Glory be to God the Father, Son, &c.*

*After the receiving the Cup of bleſſing.*

It is finiſhed. Bleſſed be the mercies of God revealed to us in *Jeſus* Chriſt. O bleſſed and eternal high

high Priest, let the sacrifice of the Cross, which thou didst once offer for the sins of the whole World, and which thou dost now and always represent in Heaven to thy Father by thy never-ceasing intercession, and which this day hath been exhibited on thy holy Table Sacramentally, obtain mercy and peace, faith and charity, safety and establishment to thy holy Church, which thou hast founded upon a Rock, the Rock of a holy Faith; and let not the gates of Hell prevail against her, nor the enemy of mankind take any Soul out of thy hand, whom thou hast purchased with thy bloud, and sanctified by thy Spirit. Preserve all thy people from Heresy and division of spirit, from scandal and the spirit of delusion, from sacrilege and hurtful persecutions. Thou, O blessed *Jesus*, didst die for us: keep me for ever in holy living, from sin and sinful shame, in the communion of thy Church, and thy Church in safety and grace, in truth and peace, unto thy second coming. *Amen.*

Dearest *Jesu*, since thou art pleased to enter into me, O be jealous of thy house and the place where thine honour dwelleth: suffer no unclean spirit or unholy thought to come near thy dwelling, lest it defile the ground where thy holy feet have trod. O teach me so to walk, that I may never disrepute the honour of my Religion, nor stain the holy robe which thou hast now put upon my Soul, nor break my holy Vows which *I have made*, and *thou hast sealed*, nor lose my right of inheritance, my privilege of being co-heir with *Jesus*, into the hope of which I have now farther entred: but be thou pleased to love me with the love of a Father, and a Brother, and a Husband, and a Lord; and make me to serve thee in the communion of Saints, in receiving the Sacrament, in the practice of all holy vertues, in the imitation of thy life, and conformity to thy sufferings: that I having now put on the Lord *Jesus*, may marry his loves and his enmities, may desire his glory, may obey his laws, and be united to his Spirit, and in the day of the Lord I may be found having on the Wedding-garment; and bearing in my body

body and Soul the marks of the Lord *Jeſus*, that I may enter into the joy of my Lord, and partake of his glories for ever and ever. *Amen.*

*Ejaculations to be uſed any time that day, after the ſolemnity is ended.*

LOrd, if I had lived innocently, I could not have deſerved to receive the crums that fall from thy Table. How great is thy mercy, who haſt feaſted me with the Bread of Virgins, with the Wine of Angels, with Manna from Heaven!

O when ſhall I paſs from this dark glaſs, from this veil of Sacraments, to the viſion of thy eternal clarity; from eating thy Body, to beholding thy face in thy eternal Kingdom!

Let not my ſins crucify the Lord of life again: Let it never be ſaid concerning me, *The hand of him that betrayeth me is with me on the Table.*

O that I might love thee as well as ever any creature lov'd thee! Let me think nothing but thee, deſire nothing but thee, enjoy nothing but thee.

O *Jeſus*, be a *Jeſus* unto me. Thou art all things unto me. Let nothing ever pleaſe me but what ſavours of thee and thy miraculous ſweetneſs.

Bleſſed be the mercies of our Lord, who of God is made unto me Wiſdom, and Righteouſneſs, and Sanctification, and Redemption.

*He that glorieth, let him glory in the Lord.* Amen.

THE END.